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A GOOD DAY TO BE ALIVE

Calgary Flames' goalies Karri Ramo, centre, from Finland, and Laurent Brossoit walk back to the dressing room during training camp Thursday. Story, page 67 JEFF MCINTOSH/THE CANADIAN PRESS

Mennonites tied to drug cartel

Bust. American DEA charges 7 people linked to Juarez cartel, says Albertans involved



JEREMY NOLA

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American drug-enforcement officers allege a southeast Alberta hamlet was the destination for a haul of cocaine being moved through a pipeline involving close-knit members of the Mennonite community and one of the world's most notorious Mexican cartels.

The Drug Enforcement Administration (DEA) laid charges against seven people in relation to the alleged trafficking operation this week.

It's believed all but one of the accused were members of a Mexican Mennonite community in the state of Chihuahua and had direct links to the Juarez drug cartel, widely considered to be one of the most brutal criminal

organizations in the world.

The drug bust involved 11,000 pounds of marijuana that agents believe was to be distributed to various states in the U.S. and 30 kilograms of cocaine that Kevin Merrill, DEA Assistant Special Agent in Charge, said was bound for Grassy Lakes, Alta., a small hamlet located about an hour east of Lethbridge.

"We had targets that we had identified through phone records that they were talking to up there," he said, adding more charges in connection with the drug bust were possible.

Merrill indicated his organization worked with Canadian authorities but a request for comment from the RCMP's federal communications office had not been returned at press time.

Mennonites are members of a church that has been around for nearly 500 years, according to a posting on a national website.

"Today, you won't recognize most Mennonites by how

Population

According to 2001 census data, the total Mennonite population in Alberta was nearly 23,000 and in some smaller towns and hamlets, including Grassy Lakes, the community can account for up to three quarters of the resident population.

they dress," the posting reads. "But you will find vibrant Mennonite congregations through rural areas, small towns and large cities across Canada and throughout the world."

Southeastern Alberta in particular became a common migration point for Mennonites from Mexico and Bolivia in the 1990s.

Merrill said Mexican cartels tend to rely on family ties or close friends when it comes to their trafficking operations because, "it limits the number of people, if they get arrested, that will co-operate against them."

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Budget cuts should not have led to fee increases: Minister

Change in approach.

Thomas Lukaszuk advocates for outsourcing parking, other services on Alberta campuses



JEREMY NOLAÏS

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Fees charged to Alberta post-secondary students for things like parking, housing and other services should not have been impacted by cuts to provincial funding, says the advanced education minister.

Thomas Lukaszuk said the government never provided its Campus Alberta grants, which were unexpectedly trimmed 7.3 per cent in the March budget, to offset the costs for non-instructional offerings.

"It's a fair comment from students that they're getting nickel-and-dimed — not from this pocket, but the other pocket," Lukaszuk said, noting the province did freeze tuition.

"We cut the operating budget of schools. We never funded those services, so they shouldn't have been using the government of Alberta to operate those services."

At Mount Royal University, a \$120 student services fee was introduced and parking passes were also hiked \$20 per month.

"The introduction of a fee at Mount Royal will protect key student services and result in an additional \$2.2 million in annual revenues to address the budget challenge," reads a statement on the university's website under the heading



Saddiq Valliani, Students' Association of Mount Royal University president, said service fees will hit students hard in the pocketbook over the long-term.

GLENN KELLY/FOR METRO

To regulate or not to regulate?

- When asked whether he would consider regulating non-instructional fees at Alberta post-secondary institutions, Advanced

Education Minister Thomas Lukaszuk said he feared it would appear too much like the government was "micro-managing."

"Budget FAQ."

Saddiq Valliani, president of the university students' association, said he hopes for better consultation with students on non-instructional fees going forward.

"As the semester goes on,

budgets will get tighter," he said. "So, I think the true magnitude of this impact will be felt later on in the semester. At the end of the day, students are being burdened with a greater cost ... we're in favour of fees being regulated — all fees, all

costs to students."

The University of Calgary had already introduced its own services fee in 2010, well before the budget cuts. It topped out at \$450 per student this year.

However, a March town hall presentation at the university discussing how to overcome the 2013-14 budget gap did leave "parking revenue" and "overhead fees" on the table as possible sources of additional revenue.

Conner Brown, vice-president external with the university Students' Union,

said his organization is meeting with university administrators twice a month this semester to address "transparency around the (services) fee."

"This fee really only pays for existing services," he said. "We haven't really seen an expansion of services since this fee came in, and that's really one of our main concerns at this point."

SAIT Polytechnic did raise parking rates \$5 per month and \$1 per day this fall, but spokesperson Melanie Simmons said that was purely to keep the service "self-supporting."

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Lots of work done, but lots left to do on city pathways

Repairs to cost 'in the millions.' While most pathways have reopened, 33 to 36 km remain closed



ROBSON FLETCHER

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It will take at least a couple of years and untold millions of dollars to repair all the flood damage to Calgary's network of pathways, according to city staff.

"Nearly 770 kilometres span the city and at the height of the flood about 97 kilometres were actually shut down or directly affected," said Todd Reichardt, south division parks manager.

Most of those pathways have since re-opened to the public, but about 33 to 36 kilometres remain closed and that "will be the really challenging part," he added.

That's because many of the pathways need to be completely re-routed, as the high water in late June eroded some massive sections of riverbank.

"Down by Douglasdale, if you happen to go down by the ball diamonds, we can't put (a pathway) back there because there's no bank," Reichardt said. "There's about 20, 30, 40 metres of the bank that's actually washed away."

Re-routing paths can prove especially difficult in areas where the new routes

need to cross private land, said Duane Sutherland, pathways lead for the city's parks department.

"We're projecting out to 2015 on some of the more controversial rehabilitation projects," Sutherland said. "Where there's land ownership issues we need permissions."

Adding to the challenge for repair crews is the "fish window" — federal rules preventing in-river work after Sept. 15 to protect fish habitat, Sutherland said.

As to the total cost, Sutherland had no firm estimate.

"It's in the millions," he said. "No one's really willing to put a dollar value on it right now."

City council recently added \$2 million to this year's capital budget for 30 pathway projects, on top of \$1.6 million approved by city staff during the state of local emergency and under the Municipal Emergency Plan.

A report to council suggested the "preliminary budget required for future years" could be as much as \$38.7 million.

Parks officials are also asking the public to respect pathway closure notices for their own safety.

"We know there's lots of eager people out there — perhaps they're the same people that ski out of range and cause avalanches in the winter — but we don't want Calgarians to go into the areas that are under current construction," Reichardt said.



Road to nowhere. This is one section of pathway that needs to be re-routed due to massive erosion of the riverbank. ALL PHOTOS ROBSON FLETCHER/METRO



Enter at own risk. A pedestrian walks along a closed section of pathway. While it's not illegal, officials are asking Calgarians to avoid closed paths.



Off the bench. A memorial park bench will need to be replaced after the ground in which it was secured eroded away.

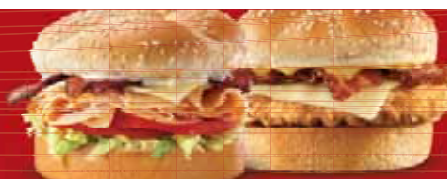
Safety first

"We're trying to educate people to be responsible, to be safe. If somebody gets hurt there, that's the last thing we would want to see."

Todd Reichardt, south division parks manager

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Kathleen Henrichon, left, and husband Will Geczi feared their daughter Salem, who suffers from cerebral palsy, would be forced to leave the Calgary Arts Academy. GLENN KELLY/FOR METRO

Family keen to 'start over' with Arts Academy

Special-needs dispute. Parents feared child with cerebral palsy would be forced out



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Parents of a Calgary child with cerebral palsy met with officials from the charter school she attends in hopes of securing her place there for years to come.

Will Geczi and Kathleen Henrichon went public earlier this month with claims that Calgary Arts Academy administrators were attempting to force their daughter Salem out because they couldn't cover the

cost of her educational aide.

But Henrichon said Thursday that a marathon meeting was productive and she believes both sides are willing to "start over."

"I can't deny I still have a fear about next year because we don't have something in writing," she said. "There are so many battles going on in her life, for God's sake, school shouldn't be one of them."

Academy Supt. Dale Erickson wrote a letter to Henrichon and Geczi dated Aug. 30, stating that if Salem stayed at the school, "she would receive the same program and level of service provided to other students," an indication that her aide would be removed.

While her mind is sharp, Salem, now in Grade 2, suffers

from reduced mobility.

Both Erickson and Principal Josh Van Beers said a change in provincial special-needs funding would likely see the \$16,000 they received annually for Salem dissolved.

But Alberta Education has claimed that isn't the case. Speaking for the first time on the matter Wednesday, Alberta Education Minister Jeff Johnson said he wasn't alarmed with the situation — yet — because Salem was still in school, and rules governing charters would prevent the academy from removing her until year's end.

"It's settled for this year, and the new Education Act (due to come into effect in 2015) will make it clear that charters won't be able to exclude kids," Johnson noted.



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CP train derailment. Nenshi demands answers, again

Calgary's mayor is again demanding answers from Canadian Pacific Railway after eight railcars full of oil chemicals derailed at a train yard in the city, forcing the closure of a major road and the evacuation of some homes.

Six of the cars, which were carrying a diluting agent used in oil pipelines, flipped over during rush hour Wednesday. Residents in some homes in the immediate area were told to leave, but no one was hurt and none of the cars leaked.

The derailment comes less than three months after a bridge over the swollen Bow River gave way underneath a CP train while the city was trying to recover from severe flooding.

Mayor Naheed Nenshi said "two derailments is two too many."

Nenshi was one of the Calgarians trapped in traffic during Wednesday's derailment.

"That is not only massively inconvenient for people, it's also massively dangerous as we have thousands and thousands of people going through this area," Nenshi said Thursday.

First time, during recovery

- Nenshi was furious when the derailment happened during the flood recovery, questioning whether the company had laid off any of its bridge inspectors.
- Engineers blamed the failure of the bridge on fast water scouring away gravel under a support.

"Once again it was city staff, who have no regulatory authority on this, risking their lives to solve the problem and we can't solve the problem if we're not given correct, accurate information at the beginning."

Nenshi said the cause of the latest derailment still isn't clear. CP spokesman Ed Greenberg said a meeting with Nenshi is planned in the coming days.

"We value our relationship with the City of Calgary and the mayor," Greenberg said. "We look forward to having a dialogue ... with Mayor Nenshi."

THE CANADIAN PRESS

HMMM ... WHO WOULD I CATAPULT?



IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

This weekend, as Beakerhead takes over Calgary with robots and famous guitar-playing astronauts, one event has particularly caught my attention — the catharsis catapult competition.

The tournament features teams that have designed and built catapults with the intention of tossing love-to-hate items.

The competition will feature amazing feats of engineering, but with the added bonus of allowing competitors to release a great amount of tension.

While I'm not smart enough to design my own catapult, that hasn't stopped me from daydreaming about what, or more specifically whom, I would love to toss hundreds of

Poutine gets political

First thing's first! Under the promise of gourmet poutine from the Alley Burger Food Truck, I'd invite Quebec Premier Pauline Marois and her Charter of Values to our city.

feet in the air and hopefully never see again.

First thing's first!

Under the promise of gourmet poutine from the Alley Burger Food Truck, I'd invite Quebec Premier Pauline Marois and her Charter of Values to our city.

I would then bait her into the catapult with cheese curds and a Montreal smoked-meat sandwich.

After giving any, and everybody, the opportunity to share their thoughts with the leader of the Parti Québécois, I'd attempt to launch her back to Quebec, giving her the chance to see the country from which she's currently alienating her province.

It might seem like a dramatic way to deal with a politician, especially one that's not even from this province, but to me, it's fitting to toss around someone who so casually tosses around racism.

Up next for my cathartic catapult would be those who try to hide their Car2Go vehicles.

Whether it be in the alley behind your house or your private parking garage, I'm on to you.

Never again will I waste hours trying to find the car that I reserved, only to realize that you've tucked it neatly away where no one can find it, as if you somehow own it.

From an early age, many

of us learned how to share and since you haven't, well then, it's the catapult for you!

While setting up my catapult for its third launch, I'd gather up all the people who are still complaining about the cost of the Peace Bridge, but have no problems taking photos of it.

I'd throw them in the basket, with those people who still struggle to share the pathways with cyclists and also the people who let their kids play with iPads in restaurants.

If there's room, teens who listen to music with one earphone would also be fun to throw as far as the eye can see.

It's a shame that the cathartic catapult is only a once-a-year event, because it's a lot cheaper than therapy, and a lot more fun.

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Calgary looks to add peak-hour taxi fee

Surcharge. Meanwhile, Edmonton considers getting rid of theirs

As Calgary re-examines the idea of a peak-hour surcharge on cab fares, Edmonton is considering abandoning the \$3 fee it's had in place for years in favour of a percentage increase during the busiest taxi times.

"We're in the process of looking at our meter rates, and that's one thing that we're definitely eager to follow up on," said Garry Dziwenka, chief livery officer for the City of Edmonton.

In 2008, Edmonton added the \$3 fee to fares between 11 p.m. and 4 a.m. as an incentive to get more drivers working during high-demand hours. It was later changed to apply only

Thursday, Friday and Saturday nights.

But the United Cabbies Association of Edmonton recently asked the city to eliminate the fee and instead simply increase taxi rates by 10 per cent during those same hours, said association president Balraj Manhas.

"We lose a lot of customers — the short distance customers," Manhas said.

At the same time, he said

some cabbies refuse to take long-distance fares during those hours because it reduces the benefit they get from the surcharge. Dziwenka said "short trip syndrome" is a problem with the current pricing structure and the city is reviewing the possibility of fare increases of anywhere from four to 25 per cent during peak hours instead of the flat \$3 fee.

ROBSON FLETCHER/METRO



Calgary city council is to vote Monday on a proposal by Ald. Andre Chabot to re-examine taxi surcharges. METRO FILE

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Female coach sentenced to 18 months for sexual relationship with 13-year-old girl

Grooming and sexually touching a minor has landed a Calgary ringette coach 18 months behind bars.

As her sentence was handed down in a courtroom Thursday, Kelsea Joy Hepburn, 24, turned toward her weeping family members and friends and mouthed the words, "It's OK."

The 24-year-old was sentenced on charges of sexual interference and sexual touching in connection with a 2011 relationship with a 13-year-old

By the numbers

2/3

Hepburn will likely be eligible for parole when two-thirds of her sentence has been served

she coached.

Court heard that Hepburn groomed the youngster through a series of text messages — even conceding at one point that she was breaking the law — and then engaged

her victim in a brief physical relationship. That all came to an end when the victim's mother discovered both girls with their pants down after Hepburn had stopped by to review some photos in March 2011.

As the judge concluded his sentencing Thursday, a supporter of Hepburn sobbed and screamed, "No, no, no."

Defence counsel Maureen McConaghy had requested Hepburn serve far less time behind bars and said she would

consult with her client on whether an appeal was warranted.

The victim, who cannot be named, is said to now suffer from anxiety, sleeping troubles and has issues putting trust in others.

McConaghy said Hepburn has no interest in returning to coaching after her sentence is complete but is likely to make arrangements to begin studying at university.

JEREMY NOLAIS/METRO

Dr. John Cowell. Health watchdog gets new post

The shakeup in Alberta's health system kept going Thursday as the province's top health watchdog was appointed to a key post.

Health Minister Fred Horne said Dr. John Cowell, who has been CEO of the Health Quality Council of Alberta, will be the official administrator of Alberta Health Services (AHS). Cowell replaces Janet Davidson, who is taking over as Alberta's new deputy minister of health.

Earlier this week the province eliminated five senior AHS

executive positions.

Cowell said he supports the streamlined approach to health that the minister is taking, calling the decision to cut executive positions the "Big Bang."

"If you reduce the number of layers between those who are making the executive decisions and those who are actually grinding at the coal face on the front lines, that's how decisions become more meaningful and more responsive," Cowell said. **THE CANADIAN PRESS**

Olympic spirit takes school

Classroom Champions.

Program kicking off in Calgary meant to connect athlete mentors with young students

Canada-wide

Keeler Elementary is one of several schools in Alberta participating in the nationwide program, in classrooms from kindergarten to Grade 8.

Calgary students got a boost from Olympic champs Thursday with a new program launched at a city school.

Olympic medallists Steven Mesler and Lucas Makowsky spoke with possible future Olympians, stopping in for a visit at Keeler Elementary in Forest Lawn as part of the Classroom Champions program.

Classroom Champions, founded by Mesler and his sister Leigh Mesler Parise, brings athlete mentors into classrooms across Canada and the U.S., teaching them the merits of goal setting, hard work, perseverance and the training involved with being an Olympian.

The program incorporates the Olympic spirit into regular classroom curriculums by co-operating with teachers and

providing a direct link with athletes as they prepare for the 2014 Winter Olympics in Sochi, Russia.

"A program like this is much different than a lot of the other programs out there because it does connect the athlete mentors with the students throughout the entire year," said Makowsky.

Athletes sponsor a classroom and keep in touch with students via Skype, social media and in-person visits to schools.

"You always remember those first times where you meet somebody inspirational. If a moment like that can create such a lasting impact for a young child, it's going to create great citizens and really help the communities out," said Makowsky. **GLENN KELLY/FOR METRO**



Olympic gold medallist Lucas Makowsky answers questions from students in Ms. Mask's Grade 2 class at Keeler Elementary for the launch of the Classroom Champions program. **GLENN KELLY/FOR METRO**

Glenbow Museum tames deficit but challenges remain: CEO



Glenbow Museum CEO Donna Livingstone wants to refill empty job positions and reach out to new audiences. **METRO FILE**

Calgary's Glenbow Museum saw a significantly reduced budget deficit last year, but its CEO says that was due to a number of unique factors, and financial challenges likely remain ahead.

"There's a combination of things that may have been singular last year," Donna Livingstone told Metro after the museum released its annual report, showing a \$400,000 operating loss for 2012-13.

That's a major reduction

from the seven-figure deficits the museum posted in each of the four previous years, including a record \$1.67-million loss in 2011-12.

Livingstone said the reduction was largely due to savings in salaries as numerous staff members left the museum.

"We didn't rehire in any of the positions and the positions that were empty already we didn't refill," she said. "So it was a very lean, tight, very hardworking year."

The museum will have to refill those positions moving forward, Livingstone said, and will also be aiming to boost revenues by reaching out to new audiences, including younger people and first-time visitors.

"What they're looking for are more meaningful experiences," Livingstone said. "They're not looking for a museum that says, 'We talk and you listen.'"

Hours and rates are ex-

pected to remain the same, Livingstone added, but the museum is looking at more free-admission days after seeing success with one offered on the August long weekend, sponsored by Chevron.

"We thought there would be about 1,500 people ... but over 4,000 showed up," she said. "And you could tell a lot of people were visiting Glenbow for the first time, so that's really meaningful to us."

ROBSON FLETCHER/METRO

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After breaking the world record for "fire teething" in October 2012, fire eater Carisa Hendrix is being featured in the Guinness Book Of Records 2014. GLENN KELLY/FOR METRO

Calgarian heats up record books

Excuse me, while I kiss this flame. Fire eater Hendrix began performing at age 16

GLENN KELLY
calgary@metronews.ca

A Calgary woman is setting the world on fire as she makes her way onto the pages of the 2014 Guinness Book of Records.

Carisa Hendrix, award winning variety entertainer and fire-eating expert broke the Guinness World Record for "longest duration fire torch

teething" in October 2012, gripping a flaming torch with her teeth and holding it up for two minutes and one second.

"I never thought that I would be in the book, I never thought for a second that that would be an option," says Hendrix.

"Under the stage lights, with the roar of the crowd, I don't know what happened but I was just able to find a new level of focus and I was really excited and to be honest, totally shocked to find that I had gotten the world record.

Hendrix has been performing since the age of 16, when a chance encounter with

A long two minutes

121

Hendrix's time of 121 seconds smashed the previous record of 32.75 seconds, held by Wendell Gray from Goa, India.

a sideshow performer gave her the opportunity to begin training as a fire artist.

Since then she has been featured in Ripley's Believe It Or Not, founded Studio Stoke, an art studio and training space for fire eaters, and starred in her own instructional video on the art of fire eating.

Call 403-428-8787

Police seek bank robbery suspect

Calgary police are searching for a man they believe is responsible for a north Calgary bank robbery.

According to police, the man, described as a Caucasian, 35-50 years old, approximately 6 feet tall and 200 pounds, entered the CIBC located in the 2300 block of Centre St. N just before 5 p.m., Wednesday.

He presented a note and fled with an undisclosed sum of money.

METRO

Airdrie. Calgary man scooped up after exiting vehicle to flee from RCMP

Airdrie RCMP corralled a Calgary man with the help of a police dog after he fled from his vehicle during a traffic stop Thursday morning.

According to police, they were making a routine traffic stop near the Cross Iron Mills mall shortly after 7 a.m. Thursday for a man in a van driving without a seatbelt. During the stop the driver was unable to produce a driver's licence and was evasive

in his answers, police said.

The driver suddenly left the vehicle and fled east on foot into a field. The police dog located the man shortly after and he was taken into custody.

A 25-year-old Calgary man, who police believe fled because his license was disqualified, now faces several charges in relation to the incident.

METRO

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Natural gas compression students Adam Beyer, left, and Fraser Nasset, right, with instructor Jack Ranucci in one of SAIT's new natural gas compression labs. GLEN KELLY/FOR METRO

SAIT's \$60M in renovations put on display

Advanced. New areas help students learn skills relevant to industries today

One of the city's post-secondary institutions gave media a peek into recent refurbishing done at the school.

SAIT's schools of Manufacturing and Automation, and Construction reopened the doors to the Thomas Riley building Thursday, revealing a number of key upgrades to their facilities to better serve students.

Upgrades include a home lab, where Civil Engineering Technology students can build two 1,200-square-foot homes indoors, as well as a brand new millwright and natural

Quoted

"It really makes it a more comfortable environment where you want to show up for class."

Zachary Harder, student

gas compression lab for students enrolled in construction and manufacturing.

"The facilities that we have here have been around for quite a while, but with changes in industry and changes in requirements that they're asking us to take a look at from a trade perspective, we retrofitted them and built new facilities in these areas to accommodate that," says dean of Manufacturing and Automation Dave Roberge.

"Our ability now to answer

what industry advisors boards are asking us, have been upgraded across the board in all of the labs that you'll see throughout this facility now."

Students are fired up about the new digs they have to hone their skills.

"It's pretty awesome, it really makes it a more comfortable environment where you want to show up for class, you're not doing anything begrudgingly," says Architectural Technologies student Zachary Harder. GLEN KELLY/FOR METRO

Extreme makeover

The \$60-million project saw 162,000 square feet renovated and added 40 years of life to the building, which first opened in 1952.

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Rally seeks to remind country of rape culture beyond SMU

Wider discourse. SMU got caught with chant, but does not own the problem, poet declares



ALY THOMSON
For Metro in Halifax

An organizer of a rally promoting consensual sex at Saint Mary's University in Halifax says the attitudes on campus surrounding rape and equality need to change.

The rally came after the scandal caused by a frosh event in which hundreds of students took part in a chant that glorified the rape of underage girls.

Lewis Rendell, 20, said she hoped the incident would spark a wider discussion about rape culture.

Some of the roughly 150 people at Thursday's rally held signs that read "No Means No No No" and "Ask First."

Before reading an impassioned poem about a rape victim, Halifax poet laureate El Jones declared that "the problem doesn't belong to SMU."

"SMU didn't create rape culture," Jones told the crowd. "SMU got caught, but everybody else has been doing it."

Best practices

Universities watch and take notes

James Sanford, executive director of student services at Acadia University in Wolfville, N.S., said he expects many school administrators are closely watching Saint Mary's.

Acadia University reviewed its programs after a student died in 2011 after a night of heavy drinking during frosh week.

Ryan Flanagan, director of student affairs at Carleton University in Ottawa, said the administration became more involved in orientation after student-leadership concerns in 2010.

"If student associations are going to run it, I think you're taking on a risk," he said.

THE CANADIAN PRESS

The chant prompted the resignation of the president of the SMU Students' Association.

According to the university, two student organizers

are facing disciplinary action and roughly 80 student leaders will undergo sensitivity training.

Rendell, a board member of the SMU Women's Centre,

added that the rally was also protesting the administration's response to the scandal and seeking increased funding and support.

"We've been speaking out

when they've tried to sweep it under the rug," said the third-year student.

A spokesman for SMU said in an email that the school is working with the centre

to strengthen their relationship.

Steve Proctor said a member of the centre has agreed to sit on the President's Council.



Protesters gather in the SMU quad Thursday to voice their displeasure with a frosh-week chant. JEFF HARPER/METRO IN HALIFAX

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Ex-Hutterites share stories of corruption

Tell-all book. Former colonists allege sexism, favouritism, petty wages



SHANE GIBSON
Metro in Winnipeg

A group of former Hutterite colony members from Manitoba and North Dakota are peeling back the veil on the societies traditionally closed off to the modern world.

Seven years after each individually decided to escape — a move that has caused their communities and much of their families to shun them — the group of nine has published a tell-all account of their sheltered lives.

"This is actually exposing the Hutterites," explained Glenda Maendel, adding their book was written as much for those still living in colonies as it was for those on the outside.

"The mindset you had there was that everything is evil out here and you'd go to hell if you leave the colony."

"It's for people to see that there is hope and freedom out there."

Hutterites: Our Story to Freedom was released in August, and each of the former members takes a chapter to tell their personal story. The accounts describe a corrupt



From left, Darlene and her husband Titus Waldner, Glenda Maendel and Karen Waldner are four of the nine former Hutterite colony members from Manitoba and North Dakota who've written a tell-all book. SHANE GIBSON/METRO IN WINNIPEG

system of sexism, favouritism and unfair wages, in which members work for \$3 to \$5 a month while the colony coffers grow.

"We love the Hutterite people, but it's the system that ruins the people," said Maendel.

The book also looks at the struggles each of the nine went through after leaving their communities for a new world with nothing but the clothes

on their backs.

"It took years to adjust," said another of the authors, Titus Waldner.

"Inside the colony you're not invited to express yourself as an individual... To come out of that and now just start being open and sharing and know who you are as a person — it doesn't happen overnight."

For more information on the book or to order a copy go to thenine9.com.

Naked bike ride? First let us define 'parade'

A case of two women wanting a parade permit to ride naked through Winnipeg last year has led to a change in a city bylaw.

On Thursday, Winnipeg Police Service officials spoke in favour of amending a traffic bylaw to include bicyclists as well as pedestrians in the definition of a parade.

Patrol Sgt. Kevin Cisarowski, the police's special events co-ordinator, said the bylaw

"didn't address bicyclists at all."

He said that exclusion prevented police from having the authority to issue parade permits for cyclists, meaning bikes had to continue to abide by the Highway Traffic Act, with no side-by-side riding and the required stopping at red lights and stop signs.

"Since then, the only type of escort we've been able to provide bicycle groups is a

lead and tail," he said.

Members of the protection and community services committee voted in favour of the request, including chair Coun. Scott Fielding, who told Metro on Wednesday that the amendment was a "housekeeping matter."

As for the naked ride, a permit was not issued, and "it still isn't allowed," said Cisarowski. **BERNICE PONTANILLA/METRO IN WINNIPEG**

Beating bullies with the power of politeness

London, Ont. Etiquette school to show kids they have the power to cope — and succeed



MIKE DONACHIE
Metro in London, Ont.

Sometimes there's nowhere to run.

What does a child do when faced with a bully and they have nobody to turn to? A new initiative in London, Ont., has the answer: It's all about etiquette.

"We want to teach children how to put their best foot forward despite whatever circumstances they are facing," said Wendy Mencel, director of the city's newly established Canadian School of Protocol and Etiquette.

"For instance, helping children with their social skills helps against bullies," she said. "The initiative in the school system is: Walk away and tell an adult, but sometimes there's no place to walk away to and there's no adult."

"What do you do in that situation?"

The answer, she says, is to stand up to aggressors — politely.

"Bullied people will instinct-



Proper procedure promotes perfection: Etiquette expert Wendy Mencel is equipped with all the advice you need. MIKE DONACHIE/METRO IN LONDON, ONT.

Interested?

Visit thecanadianschoolofprotocol.com for more information.

ively look down. We teach them to look people in the eye and say 'no,'" Mencel said. "We teach social skills that will help in any situation, that let people understand you mean business."

It's all about giving the confidence to cope in any situation, whether it's a schoolyard clash or an evening of fine dining.

Mencel, who's a certified eti-

quette consultant and an Anglican minister, explained: "This isn't about learning how to curtsy or how to sip tea with your pinkie out — which you should never do, by the way, because it's bad etiquette."

"It's about equipping children with social skills that in a very competitive global market will help them to succeed."

Mencel's driven to help young people, and she's direct about why.

"I want to teach children that they don't have to be a victim of bullying," she said. "They have the skills and the tools within themselves to deal with it."

Manners manual

Eating? Drop the phone

Wendy Mencel gave Metro a guide to 21st century politeness pitfalls.

Texting at the dinner table
"Put your cellphone away if you're having a conversation," said the expert.

"People talking on their cell-phones in a nice restaurant very loudly are not polite."

That goes for at home, too. Many young people simply don't know they should put their

phones away when they eat.

Show respect behind the wheel

"I see some pretty aggressive driving,"

Mencel said. "People cut one another off. Try and think about the other driver."

"Try to be polite, and maybe you could let people in front of you."

Wedding cash grabs

"Something I see a lot now is people asking for money when they're getting married," Mencel said. "A lot of brides put 'Cash only' or



'Please donate towards our honeymoon.' That's just tacky."



Metro's mistake

After considerable persuasion, Mencel eventually agreed to point out a mistake made by Metro's reporter during the interview.

"You said, 'No problem.' That's an etiquette mistake," she explained. "I'm thanking you, and you should say 'You're welcome.' To say 'No problem' means you have been inconvenienced, and you haven't." Point taken.

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Quebec controversy used to lure workers to Ontario

'Values charter.' Hospital uses concerns over proposed restrictions on religious clothing to recruit nurses, doctors

Paging Quebec's doctors and nurses: If you're worried about the proposed restrictions on religious clothing in your home province, an Ontario hospital group is looking to hire.

Lakeridge Health, which runs four hospitals east of Toronto, is turning the controversy over Quebec's "values charter" into a recruiting drive for health-care professionals.

It released a cheeky ad Thursday on social media, asking Quebec doctors and nurses to consider a move to Ontario.

It depicts a woman wearing a hijab and a stetho-



A poster for Lakeridge Health is shown in this undated handout photo.
LAKERIDGE HEALTH/THE CANADIAN PRESS

scope with the slogan, "We don't care what's on your head. We care what's in it."

The ad is slated to appear Monday in McGill University's student newspaper in Montreal. But it's already attracted plenty of attention.

The proposed Quebec legislation would prohibit hospital workers and other public sector workers from

wearing religious clothing like hijabs, kippas and turbans in the workplace.

While polls indicate that most respondents in Quebec support the legislation, it's sparked a contentious debate elsewhere in Canada.

The recruiting drive isn't about picking a fight with Quebec, said Lakeridge president and CEO Kevin Empey.

"This isn't to send a salvo at Quebec," he said. "This is because we have to recruit people."

Lakeridge, which operates in one of Ontario's fastest-growing regions, is looking to fill about 230 jobs, Empey said. Even though they've been hiring 20 to 60 people a month for over a year, Lakeridge has to look outside Ontario for new graduates and experienced professionals.

THE CANADIAN PRESS

Florida. Charges possible after suicide of 12-year-old girl who was cyberbullied

A 12-year-old girl committed suicide after she was bullied online, and a sheriff said Thursday that he is investigating whether he can file charges under a new Florida cyberbullying law.

Sheriff Grady Judd said that Rebecca Ann Sedwick jumped to her death on Monday. Investigators say the girl was despondent after others had posted hate messages about her online. Sedwick was "absolutely terrorized on social media," Judd said.

The Lakeland Ledger reports that detectives found

multiple social-media applications where Sedwick was constantly bullied with messages, including "Go kill yourself," and "Why are you still alive?"

He said parents of all 15 girls have co-operated with detectives and several cellphones and laptops have been confiscated. Judd said charges could be filed — including cyberstalking.

"If we can get any evidence of a criminal offence, the person or persons involved will be punished," he said.

Judd said detectives are trying to investigate the social media applications that Sedwick used, including Kik and Ask.fm, but many of the websites are based in other countries.

If detectives can find evidence, according to Florida law, the girls could be charged with felony cyberstalking because Sedwick was under 16 years old.

"If you bully somebody online and it's reported to us and we can build a credible case, we will charge you," Judd said.

THE ASSOCIATED PRESS



Anger in Kashmir after protester killed

Indian policemen detain Kashmiri supporters of the Awami Ittehad Party during a protest against a fatal paramilitary shooting in the disputed territory in Srinagar, India, Thursday. Shopian District Deputy Commissioner Bashir Ahmed Bhat said a man was killed Wednesday when forces fired pellets at protesters. Residents insist the troops were firing bullets at the crowd protesting near a police camp about 50 kilometres south of Srinagar.

MUKHTAR KHAN/THE ASSOCIATED PRESS

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Spacecraft is solar system,

New frontier.
It took 36 years, but Voyager 1 is now cruising through interstellar space

Voyager 1 has crossed a new frontier, becoming the first spacecraft to leave the solar system, NASA said Thursday.

Thirty-six years after it was launched from Earth on a tour of the outer planets, the plutonium-powered probe is more than 18.5 billion kilometres from the sun, cruising through interstellar space — the vast, cold emptiness between the stars, the space agency said.

Voyager 1 actually made its exit more than a year ago, according to NASA. But it's not as if there's a dotted boundary line or a signpost out there, and it was not until recently that scientists with the space agency had enough evidence to say that the probe had finally plowed through the hot plasma bubble surrounding the planets and escaped the sun's influence.

While some scientists remain unconvinced, NASA celebrated with a news con-

A space odyssey

Voyager 1's odyssey began in 1977 when the spacecraft and its twin, Voyager 2, were launched on a tour of the solar system.

- After beaming back dazzling postcard views of Jupiter's giant red spot and Saturn's shimmering rings, Voyager 2 hopped to Uranus and Neptune. Meanwhile, Voyager 1 used Saturn as a gravitational slingshot to power itself past Pluto.
- Voyager 1, which is about the size of a subcompact car, carries instruments that study magnetic fields, cosmic rays and solar wind.

ference featuring the theme from Star Trek.

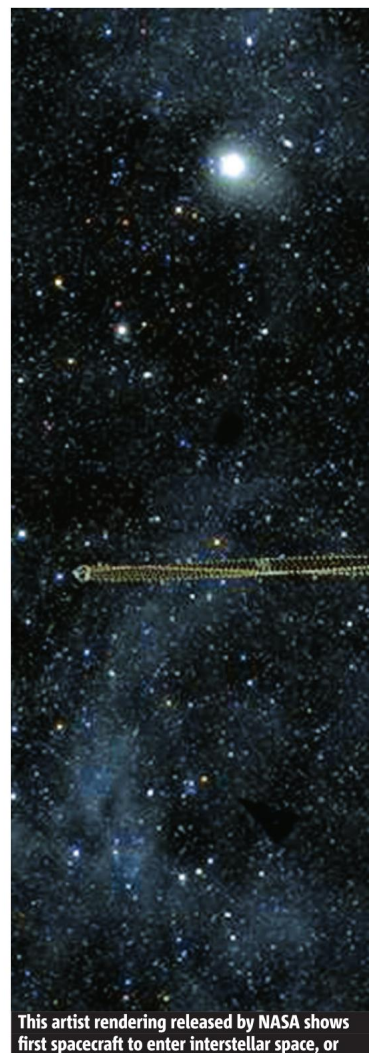
While Voyager 1 may have left the solar system as most people understand it, it still has hundreds, perhaps thousands, of years to go before bidding adieu to the last icy bodies that make up our neighbourhood.

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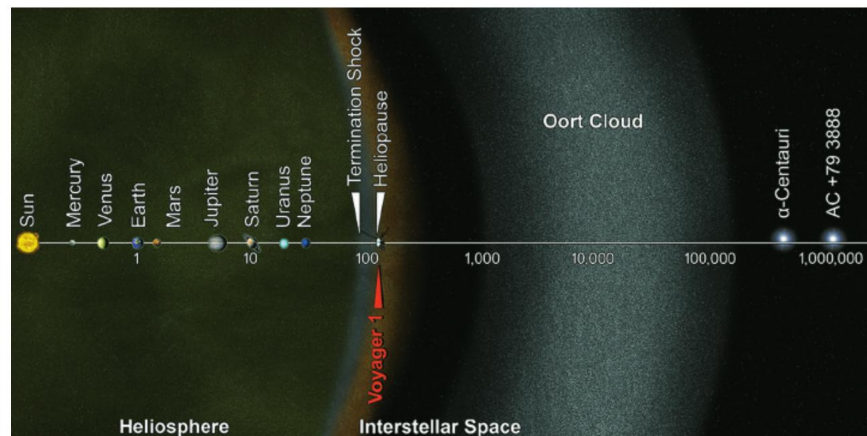
Continuing mission

"We got there ... (The spacecraft is) setting sail in the cosmic seas between the stars."

Ed Stone, mission chief scientist of the California Institute of Technology



This artist rendering released by NASA shows first spacecraft to enter interstellar space, or



This artist's concept puts huge solar system distances in perspective. The scale bar is measured in astronomical units (AU), with each distance beyond 1 AU representing 10 times the previous distance. Each AU is equal to the distance from the sun to the Earth. It took from 1977 to 2013 for Voyager 1 to reach the edge of interstellar space. CONTRIBUTED/NASA

first to leave NASA says



the Voyager 1 spacecraft barreling through space. The space agency announced Thursday that Voyager 1 has become the first spacecraft to leave the space between stars, more than three decades after launching from Earth. CONTRIBUTED/NASA

Cosmic border crossing

Entering into the space between stars

Last year, scientists monitoring Voyager 1 noticed strange happenings that suggested the spacecraft had broken through: Charged particles streaming from the sun suddenly vanished. At the same time, there was a spike in galactic cosmic rays bursting in from the outside.

Since there was no detectable change in the direction of the magnetic field

lines, the team assumed the far-flung craft was still in the heliosphere, or the vast bubble of charged particles around the sun.

The Voyager team patiently waited for a change in magnetic field direction — thought to be the telltale sign of a cosmic border crossing. But in the meantime, a chance solar eruption caused the space around Voyager 1 to echo like a bell last spring and provided the scientists with the data they needed, convincing them the boundary had been crossed in August of last year.

With the new data, “it

took us 10 seconds to realize we were in interstellar space,” said Don Gurnett, a Voyager scientist at the University of Iowa who led the new research, published online in the journal *Science*.

The new observations are fascinating, but “it’s premature to judge,” said Leonard Fisk, a space science professor at the University of Michigan and former NASA associate administrator who was not part of the team. “Can we wait a little while longer? Maybe this picture will clear up the farther we go.”

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Prince William finishes service in the military

Off duty. Heir to the throne will have more time to spend with his family and participating in royal engagements

There will be no more perilous military helicopter missions for Prince William in the rugged mountainous terrain of northern Wales.

With the military's announcement Thursday that he has completed the operational phase of his career, William looks free to spend more time with his wife, Kate, and their 2-month-old son, Prince George, while he takes on more royal engage-



Prince William
MINISTRY OF DEFENCE FILE

ments and charity roles.

The move marks the end of an exciting phase in the prince's life — he became

adept at piloting a Sea King helicopter in foul weather, helping mountaineers in distress and rescuing mariners in the frigid waters of the Irish Sea. His active military career, a traditional rite of passage for senior royals, lasted more than seven years, first in the Army and then in the Royal Air Force. Air Chief Marshal Andrew Pulford said William had been an important part of the Royal Air Force's search and rescue force for the past three years.

William, 31, started as an officer cadet at Sandhurst military academy in 2006. He began search and rescue helicopter training three years later and has the RAF rank of Flight Lieutenant, similar to a captain in the U.S. Air Force.

THE ASSOCIATED PRESS



Fighting back in court

Alexei Navalny, stands with documents, outside a court, in Moscow, on Thursday, Sept. 12, 2013. Opposition activist Alexei Navalny appeared at a Moscow courthouse to start a lawsuit contesting the results of Moscow's mayoral election, which he lost to the Kremlin-backed incumbent. EVGENY FELDMAN/THE ASSOCIATED PRESS

British law

Cameras could be coming to British courtrooms

U.S.-style televised justice is gaining traction in Britain.

Britain's Ministry of Justice says a proposal to allow cameras to broadcast cases from England's Court of Appeal has been approved by lawmakers in Britain's lower house. British Courts Minister Helen Grant said in a statement Thursday that "justice must be seen to be done, that is why we are introducing limited television broadcasting in courts from next month." Long banned in most parts of the U.K. by the country's tradition-heavy justice system, televised trials have made small but significant inroads. Proceedings in Britain's Supreme Court have been carried live online since 2011. Last year filmmakers won rare access to Scotland's High Court, broadcasting footage from inside the court as part of a documentary called "The Murder Trial."

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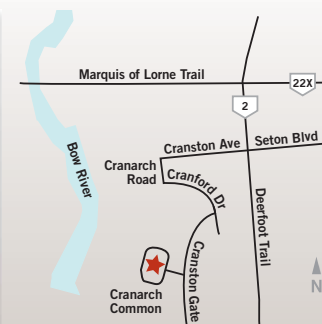
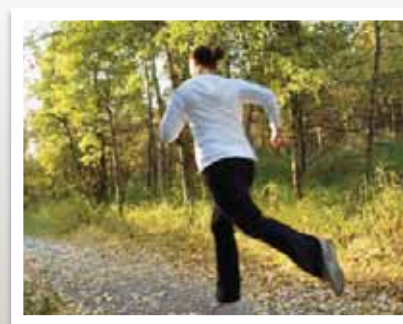
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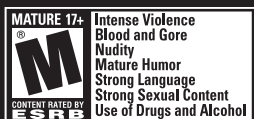
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Bloomberg. N.Y.C. mayor touts post-9/11 revival, warns of terrorism threat

A day after the anniversary of the Sept. 11, 2001, terror attacks, New York City Mayor Michael Bloomberg touted the progress the World Trade Center site — and all of Lower Manhattan — has made in 12 years, but warned of future terror threats.

Bloomberg said when he took office in January 2002 the ruins of the World Trade Center were still smouldering and that there was real worry that the city would not be able to recover from the crippling economic and emotional blows delivered by the disaster.

Bloomberg said in a speech to the Downtown Alliance, which manages the area's Business Improvement District that the population of downtown has tripled since 2001 and the area is

End of uncertainty

"Today we can declare that the era of post-9/11 uncertainty is over."

New York City Mayor Michael Bloomberg, in a speech to the Downtown Alliance, which manages the area's Business Improvement District.

now home to hotels, schools and parks.

The speech was meant to burnish Bloomberg's legacy as the mayor's term in office expires at year's end. He has become the unofficial caretaker of Sept. 11's aftermath, overseeing every memorial service and serving as chairman of the museum. He lent the institution \$15 million US earlier this year to cover operating expenses.

THE ASSOCIATED PRESS



A passenger on the Staten Island Ferry snaps a cellphone photo of the annual Tribute in Light remembering the Sept. 11, 2001, terrorist attacks as the twin beams shine beside and above New York City's skyline Wednesday. KATHY WILLENS/THE ASSOCIATED PRESS

3 dead as flash floods in Colorado cut off towns

University of Colorado. 400 students in a dorm in Boulder evacuated, classes cancelled because of the flooding

Heavy rains and scarring from recent wildfires sent walls of water crashing down mountainsides early Thursday in Colorado, cutting off mountain towns, forcing the University of Colorado to cancel classes and leaving at least three people dead.

Boulder County was hit hardest, with about 150 millimetres of rain falling over 12 hours. But flooding was reported all along the Front Range, from Colorado Springs to north of Fort Collins.

Boulder Office of Emergency Management spokeswoman Gabrielle Boerkircher said many roads were blocked and volunteers were trying to help stranded people until emergency crews could arrive.

Boerkircher said one person was killed when a structure collapsed in the tiny town of Jamestown. Boulder County Sheriff Joe Pelle said another person was also found dead in northern Boulder.

To the south, Colorado Springs spokeswoman Kim



Three vehicles crashed into a creek after the road washed out from beneath them in Broomfield, Colo., Thursday in heavy flooding. Three people were rescued. ANDY CROSS/THE DENVER POST/THE ASSOCIATED PRESS

Melchor said police conducting flood patrols found a body in Fountain Creek on the west side of the city early Thursday.

National Weather Service meteorologist Bob Kleyla said a six-metre wall of water was reported in Left Hand Canyon north of Boulder, and a firefighter radioed he was trapped in a tree. He said rescuers were trying to get through, but were blocked by debris. THE ASSOCIATED PRESS

Flood damage

- **Broomfield:** U.S. Highway 287 collapsed when a culvert washed out, dumping three vehicles into the rushing water. Three people were rescued and had minor injuries.
- **Near Lyons:** About 60 centimetres of water was standing on U.S. Highway 36 as a normally shallow creek known for trout fishing spilled over its banks.
- **Southeast of Estes Park, the gateway to Rocky Mountain National Park:** At least one earthen dam gave way and water levels could rise downstream as authorities release more water to keep more dams from giving way.

Glenbow Museum



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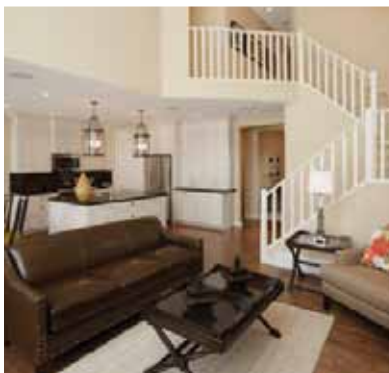
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Experts confident in a plan to right the Costa Concordia

Capsized off Tuscan coast. Starting at dawn on Monday, the objective is to 'get her to move very slowly and gently' to upright

An international team of engineers and other experts has devised no Plan B if an attempt to right the hulking wreck of the grounded Costa Concordia goes wrong and the cruise liner splits apart or falls back on its side near an Italian island.

The team is attempting an unprecedented engineering bet to remove the luxury liner from just outside the harbour of Giglio island



The Costa Concordia lying on its side in shallow water off the Isl. of Giglio. THE ASSOCIATED PRESS

where it has been lying on its side after smashing into a jagged reef. Assuming seas are calm, the ship will

be slowly pulled to vertical in an hours-long operation so it can be towed to a mainland port and turned into scrap.

The possibility that the Mediterranean cruise liner might fall apart is a "remote event," insisted Franco Gabrielli, head of Italy's Civil Protection agency, at a briefing Thursday.

Thirty-two people died when the Concordia crashed on the evening of Jan. 13, 2012, as the captain steered the vessel close to the island of Giglio's rocky coastline. The reef sliced a large gash in the hull. A team from 24 nations will be conducting the operation to move the ship, known in nautical terms as parbuckling.

THE ASSOCIATED PRESS



Timmins to Quebec in 10 hours

The Canadian Space Agency says the first stratospheric balloon successfully launched in Canada from Timmins, Ont., Wednesday night landed in northwest Quebec. These balloons can operate up to 45 kilometres high: too low for satellites, too high for planes. CONTRIBUTED

Former ambassador

Government 'mischievous' in dispute with diplomats

Ken Taylor, the former ambassador behind the 1979 Canadian Caper in Iran, says Canada's modern-day diplomats are underpaid and will hopefully resolve their unprecedented strike with the government.

Taylor said that it is "mischievous" for the Harper government to publicly suggest that its foreign service officers enjoy coveted jobs with lots of perks.

Taylor was commenting on the government's public line in its stalemate with the 1,350 member union that has been staging rotating job action at more than a dozen foreign missions.

They want wage parity with other departments. Taylor is at the Toronto International Film Festival for the debut of the documentary Our Man in Tehran. THE CANADIAN PRESS



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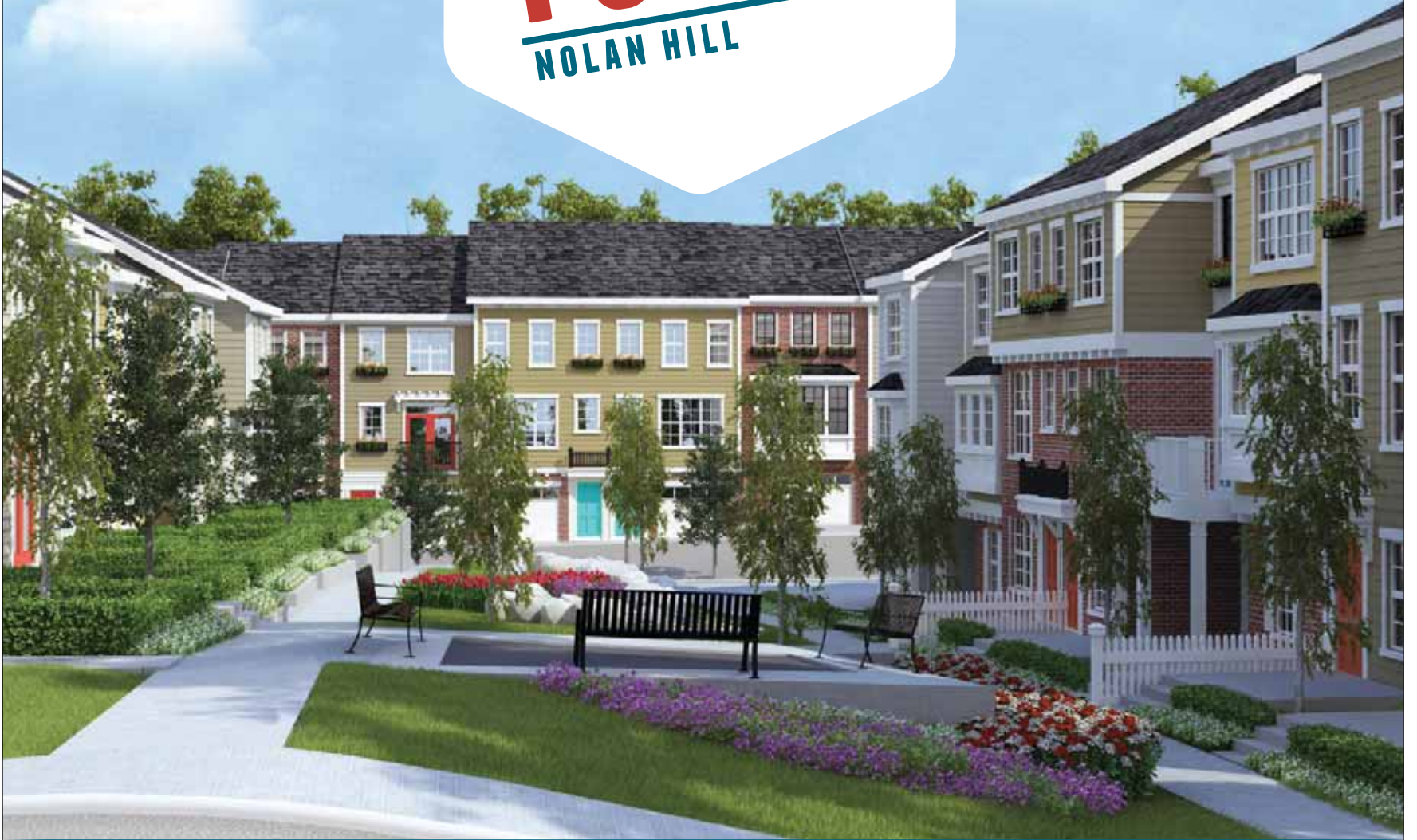
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Toronto cop guilty of assault with a weapon

G20. Judge said the officer was trying to 'justify his blows' when he claimed only to be responding to resistance

The criminal conviction of a Toronto police officer for assaulting a protester during the G20 summit three years ago is being hailed as a victory for the hundreds of demonstrators who were rounded up and arrested that weekend.

Const. Babak Andalib-Goortani was convicted Thursday of assault with a weapon after a judge found



Assault victim Adam Nobody
ALLISON JONES/THE CANADIAN PRESS

he used excessive force during the arrest of protester Adam Nobody on June 26,

2010, at the legislature.

Andalib-Goortani didn't need to forcefully jab Nobody with his baton several times as his fellow officers were trying to cuff the man, Ontario Superior Court Judge Louise Botham found.

"A police officer is not entitled to use unlimited force to affect an arrest," she said.

Video of Nobody's arrest shows him on the ground with officers piled on top of him. Andalib-Goortani's explanation "that he was responding to Adam Nobody's resistance is nothing more than an after-the-fact attempt to justify his blows," said the judge. Nobody clapped as the verdict was announced. A sentencing hearing is set for Nov. 8. **THE CANADIAN PRESS**



Residents try to put out a fire that gutted about 30 homes in Zamboanga city in the southern Philippines Thursday. The blaze was sparked as government forces launched a fierce assault on Muslim rebels. **THE ASSOCIATED PRESS**

Philippine crisis. Muslim rebels with 100 hostages warned by government to end their four-day standoff

The Philippine government on Thursday warned Muslim rebels who have been holding more than 100 people hostage in a southern port city to peacefully end the four-day standoff "at the soonest possible time," saying its forces are ready to demonstrate the state's resolve.

It was the toughest talk by President Benigno Aquino III's administration since Moro National Liberation Front guerrillas occupied coastal

communities and took scores of residents hostage in Zamboanga city.

Presidential spokesman Edwin Lacierda said any attempts by other groups to sow trouble would be crushed, citing the army's defeat of an extremist group's attempt to set a nearby village and wharf on fire.

The most serious security crisis to hit Aquino's administration began Monday when about 200 armed Moro rebels, who have been over-

shadowed by a rival group in talks with the government for a new Muslim autonomy deal, clashed with government troops who had foiled their plan to march through Zamboanga city and hoist their flag at city hall.

They then barged into five coastal villages and seized scores of residents to use as human shields as hundreds of elite army troops and police surrounded them.

THE ASSOCIATED PRESS

Assad regime

Syria agrees to Russian plan on chemical weapons

Syrian President Bashar Assad publicly agreed Thursday to a Russian plan to secure and destroy his chemical weapons, but said the proposal would work only if the U.S. halts threats.

Assad also said his government will start submitting data on its chemical weapons stockpile a month after signing the

convention banning such weapons while the UN said Thursday that it received a letter from Syria stating its intention to join.

The treaty states that a nation becomes a party 30 days after such a letter is submitted. Syria had long rejected joining the Chemical Weapons Convention.

U.S. officials want a speedier accounting.

"We agreed ... in response to Russia's request and not because of American threats," Assad told Russian TV.

THE ASSOCIATED PRESS

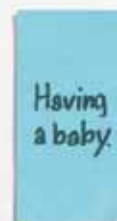
Alabama radical

American Islamic rebel fighting in Somalia is killed

An American who became one of Somalia's most visible Islamic rebels and who was on the FBI's Most Wanted Terrorist list was killed Thursday by rivals in the extremist group al-Shabab, militants said.

Omar Hammami, known as "the American," was killed in an ambush in southern Somalia.

THE ASSOCIATED PRESS



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Cold War murder case handed to the British

Deadly injection.

An umbrella was used to inject ricin in the 1978 murder of Georgi Markov

The defector from communist Bulgaria was jabbed in the thigh with a poisoned umbrella tip in one of the most sensational assassinations of the Cold War.

Thirty-five years later, no one has been convicted of Georgi Markov's murder. Further dimming hopes the killing will ever be officially solved. Bulgaria's chief prosecutor on Thursday announced his office has closed its probe, saying the statute of limitations had been reached and it was leaving the case to British authorities.

In September 1978, Mar-



Bulgarian defector Georgi Markov
BBC FILE

kov was waiting at a London bus stop when he was jabbed. The journalist and harsh critic of his country's communist regime in reports for the BBC and Radio Free Europe died four days later.

British government scientists discovered the umbrel-

la had been used to inject a pinhead-sized pellet of the poison ricin into Markov's leg. The fatal pellet is one of the artifacts in a macabre crime museum — closed to the public — inside Scotland Yard headquarters, alongside letters from Jack the Ripper and other grim mementoes.

Prosecutor Sotir Tsatsarov said his office was ready to provide legal assistance to British authorities. Unlike Bulgarian law, there is no statute of limitations on murder in the U.K.

In closing the case, "Bulgaria and its prosecution are admitting to being either powerless or lacking the will to reveal one of the most horrific crimes of the communist regime - murder over speech, not action," prominent columnist Petya Vladimirova wrote on Thursday.

THE ASSOCIATED PRESS

Suspects

There have been a number of arrests and theories in connection to who killed Markov, but nothing has stuck.

- 1993. Danish authorities charged a Dane of Italian origin, Francesco Guillino, with killing Markov. He denied wrongdoing and was eventually freed.
- 2005. A Bulgarian journalist claimed that he had found evidence confirming the slaying was plotted and carried out by Bulgaria's former communist secret services and that Bulgaria's post-communist authorities had covered up the case.

Egypt. State of emergency drags on over safety concerns

Egypt's interim president on Thursday extended a nationwide state of emergency for two more months, citing continued security concerns, as a senior Egyptian official warned of more terrorist attacks in the wake of a failed assassination attempt against the interior minister and suicide bombings in the Sinai Peninsula.

The nearly month-old state of emergency, which

is due to expire within days, preserves greater powers for security forces amid a crackdown on supporters of ousted President Mohammed Morsi and increasing violence by Islamic militants. It was first declared in mid-August after authorities cleared two protest encampments held by Morsi supporters, unleashing violence that claimed the lives of nearly 1,000 in subsequent days. THE ASSOCIATED PRESS



An Egyptian man walks next to armoured personnel carriers on a street in Cairo, Egypt, Thursday. HASSAN AMMAR/THE ASSOCIATED PRESS

China

Microblogger says he's being held for his activism

A well-known Chinese microblogger who has for years raised questions about government policies and actions — most recently a plan to build an oil refinery — has been detained on a seldom-used charge involving registering a business. Supporters of Dong Rubin say his detention Tuesday in the southern Chinese city of Kunming is retribution by authorities for his activism.

THE ASSOCIATED PRESS

Sierra Leone

Minister dismissed over sex allegations

The office of Sierra Leone's president says the country's deputy education minister has been dismissed from his post over allegations of sexual assault. A statement from the office of the president late Wednesday said Mamoud Tarawalie had been relieved of his duties "with immediate effect" because he was facing "sexual assault and rape" allegations. THE ASSOCIATED PRESS



Recognizing bravery

Boston Marathon bombing survivor Jeffrey Bauman, left, greets Carlos Arredondo, who was presented a civilian bravery award Wednesday at a Statehouse ceremony in Boston commemorating the 9/11 terrorist attacks. Arredondo was recognized for his bravery in aiding bombing victims, including Bauman.

DAVID L. RYAN/THE BOSTON GLOBE/THE ASSOCIATED PRESS

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iPhone fingerprint hype could boost biometrics usage

Security. Other firms hope that 5S launch will generate interest in other devices that confirm user's identity

Karl Martin was thrilled when Apple officially unveiled the fingerprint-reading technology that's built into the new iPhone 5S — even though it could be perceived as competition for his Toronto-based business.

He's hoping the hype around fingerprint scanning will create excitement around other biometrics technologies, including the Nymi, his company's bracelet that promises to read a user's heart rhythm and use it as a form of authentication that could replace online

passwords, keys and other security measures.

Bionym is currently taking pre-orders for the device, expected to be released next spring, for \$79.

The device takes an electrocardiogram when a user wearing it on their wrist touches it with their opposite hand. Martin, CEO of Bionym, says a cardiac rhythm is about as unique as a fingerprint, so the device could be used to confirm a person's identity and then seamlessly unlock any devices or accounts they regularly use.

A promotional video that highlights some potential fu-

ture uses of the technology shows a car's doors unlocking as a user wearing a Nymi approaches. His PC automatically signs him in as he sits down at his desk and a tablet is unlocked and comes to life when he picks it up. He's able to pay for a coffee by swiping his wrist in front of a cash register and his hotel room's door opens for him without needing to pull out a key. "We realized if we

put identity authentication on the body, on something that a person wears, it actually enables a ton of new kinds of applications and new ways to interact with technology," says Martin. **THE CANADIAN PRESS**



Nymi devices, made by Toronto-based Bionym, read a user's heart rhythm for identification purposes. COURTESY BIONYM



No more mail on Saturday? Blimey

The U.K. government has confirmed plans to privatize the country's 500-year-old Royal Mail this fall. Business Secretary Vince Cable said Thursday an initial public offering of a majority stake in the postal service is scheduled for the coming weeks. But tampering with a service so central to public life is a delicate matter. The familiar red pillarboxes will be protected by law, but there are fears the six-days-a-week delivery service Britons are used to will be threatened by a drive to profitability. **PETER MACDIARMID/GETTY IMAGES**

Transparency issue

Pants problem lowers Lululemon profit outlook

Lululemon Athletica is lowering its 2013 profit and revenue outlook as efforts to improve the quality of its black Luon yoga pants have delayed the delivery of fall products to stores. The company pulled the pants from store shelves this spring because they were found to be see-through.

THE CANADIAN PRESS

Tech turnaround

Yahoo claims to have 800M users

Yahoo CEO Marissa Mayer says the Internet company now has about 800 million worldwide users, a 20-percent increase since she was lured away from Google 15 months ago to steer a turnaround. The gain disclosed Wednesday at a technology conference in San Francisco is the latest evidence of the progress that Yahoo is making under Mayer's leadership.

THE ASSOCIATED PRESS

Social media

Twitter files IPO documents

Twitter is going public. The micro-messaging service says it has filed confidential documents for an initial public offering of stock. The firm posted on its own Twitter account that it has "confidentially submitted an S-1 to the SEC for a planned IPO." Twitter's IPO has been long expected. The firm has been ramping up its advertising products and working to boost ad revenue. **THE ASSOCIATED PRESS**

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Telecom. Vodafone UK CEO to head up Rogers

Rogers Communications, one of Canada's largest communications and media companies, has named the head of Vodafone UK as its new CEO — keen to bring his “competitive instinct” to boost its customer base and bottom line.

Guy Laurence, 52, will take over in December as the CEO of the wireless, cable and media company, replacing Nadir Mohamed who had previously announced his retirement from Rogers.

“We want him to apply his experience and his talent to building shareholder value and improving our customer experience as much as we ever can, because we’re always trying to do that,” said Rogers’ board member John Tory, a member of the committee who chose Laurence, on Thursday.

“If we hadn’t seen that competitive instinct in this man he wouldn’t have been hired,” Tory said.



Guy Laurence COURTESY ROGERS

Laurence has 30 years of experience in telecommunications, pay television and media. He first joined Vodafone in 2000, holding a number of increasingly senior roles, including CEO of Vodafone Netherlands, before becoming CEO of Vodafone UK in 2008. There he cut jobs, helped increase the company's profits and reduced customer complaints.

THE CANADIAN PRESS



Josh Baldonado, an administrative assistant at Brown & Brown Insurance, works at a treadmill desk at the firm's offices in Carmel, Ind. Workers sign up for 30 slots on the treadmills and have their phone and computer transferred to the workstations. MICHAEL CONROW/THE ASSOCIATED PRESS

Running the rat race while at your desk

On the move. Growing number of employees are standing, walking, cycling through the day at active stations

Glued to your desk at work? Cross that off the list of excuses for not having the time to exercise.

A growing number of Americans are standing, walking and even cycling their way through the workday at treadmill desks, standup desks or other moving workstations. Others are forgoing chairs in favour of giant ex-

ercise balls to stay fit.

Walking on a treadmill while making phone calls and sorting through emails means “being productive on two fronts,” said Andrew Lockerbie, senior vice-president of benefits at Brown & Brown, a global insurance consulting firm.

Lockerbie can burn 350 calories a day walking about five to six kilometres on one of two treadmill desks that his company's Indianapolis, Ind., office purchased earlier this year.

“I’m in meetings and at my desk and on the phone all day,” he said. “It’s great to be able to have an option at my work to get some physical activity while I’m actually doing office

Setting the pace

- Treadmill desks designed for the workplace are normally set to move at about 1.6 to 3.2 km/h, enough to get the heart rate up but not too fast to distract from reading or talking on the phone comfortably.

stuff. You feel better, you get your blood moving, you think clearly.”

It’s been a decade since scientific studies began to show that too much sitting can lead to obesity and increase the risk

of developing diabetes, high blood pressure and heart disease. Even going to the gym three times a week doesn’t offset the harm of being sedentary for hours at a time, said Dr. James Levine, an endocrinologist at the Mayo Clinic.

“There’s a glob of information that sitting is killing us,” Levine said. “You’re basically sitting yourself into a coffin.”

More firms are intrigued by the idea of helping employees stay healthy, lose weight and reduce stress — especially if it means lower insurance costs and higher productivity, said Levine, an enthusiastic supporter of the moving workstations.

THE ASSOCIATED PRESS

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BY GEORGE! WHAT A CURSE

Those lazy, hazy, crazy days of summer are over, and now it's time to pay attention. So, if you're wondering what to pay attention to ...

1 Charter chowder. The Parti Québécois unveils its "charter of values," banning the wearing of religious symbols on the job for the province's civil servants. No burkas or turbans or yarmulkes, please. The charter has already claimed its first victim, MP Maria Mourani, who was kicked out of the Bloc Québécois caucus for daring to disagree with her fellow separatists, calling the charter a "political miscalculation." It is that, never mind what else it is.

2 iPhone. Apple unveils its latest iPhones to the usual media frenzy. One is "cheap," just under 100 bucks in the U.S., while the other is so expensive, it induces nosebleeds. But you can lock it with your fingerprint, so you'll never have to worry about forgetting your



THE METRO LIST
Paul Sullivan
metronews.ca

passcode as it comes permanently attached.

3 Hockey Night in Canada, almost. The boys of summer are still out there tearing up the grass, but the boys of winter are already back at the rink getting ready for a 1,230-game season that culminates on April 13, 2014, in the final game between the Dallas Stars and the Phoenix Coyotes. And then the playoffs begin. Are you ready for some, er, a lot of hockey?

4 Harry Potter sequel — NOT. Hollywood is rocking with the news that Harry Potter author J.K. Rowling is going to write her first screenplay about the world of wizards. Too bad it's about Fantastic Beasts and Where to Find Them, which really has nothing to do with Harry Potter, "the boy who lived," presumably to spawn a sequel ... someday.

Rowling seems to have a perverse need to deny her millions of fans the one thing they do want. Curses! As in Avada Kedavra!

5 From Russia, with petulance. Russian President Vladimir Putin has the nerve to preach to America about being good global citizens and avoiding military action in Syria in an op-ed piece in the New York Times. His article has the unanticipated side-effect of doing what President Obama has never been able to do: Unite the fractious U.S. Congress. A Republican senator believes Ronald Reagan is turning over in his grave, while a Democratic senator said the article nearly made him vomit. No word on a sequel.

6 Ain't gonna study war no more. After flying 156 missions and helping to rescue 149 people, Prince William is retiring from his job as a U.K. military rescue chopper pilot after seven-and-a-half years. He will now shift his focus to rescuing endangered animals — he has recorded a video calling for an end to the ivory and rhino horns trade. Presumably his other hazardous duty will include getting up in the middle of the night to change the royal diapers on baby George.

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ZOOM

Vitruvian-style amphibian aims high



COURTESY NASA

Frog launches with NASA rocket

Frogs have been sautéed, baked and deep-fried. But not until the latest NASA moon launch has one ever been seen blasted by a rocket.

The likely unfortunate event occurred Sept. 6, when a frog got an unexpected front-row seat to the liftoff of NASA's lunar explorer, known as LADEE. When the rocket unleashed its 361,000 pounds of thrust, more than the spacecraft took off.

The moment was captured in an extraordinary photograph posted on NASA's website.

TORSTAR NEWS SERVICE

Soft landing?

"Currently, LADEE is doing well, but we're not certain about the frog's fate." NASA spokesman Allard Beutel

The image isn't altered

- NASA said the photo is authentic. It was taken by a remote NASA camera triggered by sound.
- NASA's mission is on its way to the moon. It will gather information about the lunar atmosphere, surface conditions and lunar dust.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Instagram video may be the ideal destination for finding bad behaviour from unsavoury characters, but Vine remains the undisputed champion for weirdos and their typically hilarious but always high-concept gems.



ISTOCK

@Keelayjams:

Armed with a stable of celebrity cardboard cutouts and an absurd number of Motorola RAZRs, Keelayjams takes a small apartment and the streets of New York and turns them into an often surreal funhouse.

@Electrolemon:

Aside from running an infinitely re-

tweetable Twitter account, the "cover model for idiot magazine" also happens to be a reliably funny source for six-second skits.

@MarloMeekins:

The comedienne is likely as close as we get to a bona fide Vine celebrity, and it's a well-earned designation. She's an especially worthy follow if you're a fan of dogs in doctor costumes.

Twitter

@metropicks asked: .@ariannahuff redefines the office with naps, yoga, meditation. What perks do you want at work?

@Cavemanbiff: 3 day weekend!

@MTanzN: so piggy backing off the male run corp. that is google, they already did what you proclaim

@qendresa: healthy snacks such a fresh fruit bowl/tray every day would be nice

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca

Letters

RE: Rape Not One Of The Three R's, says Paul Sullivan, published Sept. 12

"The tongue of the wise commends knowledge, but the mouth of the fool gushes folly." In wake of the "pro-rape chant" disgrace at SMU and UBC lately, it seems evident to me that universities have become hotbeds of foolishness, instead of the bastions of wisdom. I agree that the university leadership's reaction is one similar to the deer in headlights. They've long known that stupid behaviour such as this has been around the campus — it's only now that it gets widespread public attention outside that they act.

Roland Derksen, Vancouver

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Synopsis

Once again the story focuses on the Lambert family — wife Renai (Rose Byrne), husband Josh (Patrick Wilson), kids Dalton and Foster (Ty Simpkins and Andrew Astor) and grandma Lorraine (Barbara Hershey). After the haunting events of the first movie they have moved in an effort to put the past behind them. Unfortunately they can't escape the ghosts who are attracted to what Josh has — life! Increasingly terrifying encounters with spirits threatens not only Josh's safety but the safety of everyone who comes into contact with him.

- Richard: ●●●●●
- Mark: ●●●●●

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Patrick Wilson stars in *Insidious: Chapter 2*. CONTRIBUTED

Where are the scares?

Insidious: Chapter 2.

A confusing story and clunky dialogue get in the way of the thrills and chills in James Wan's film

Richard: Mark, jumping around in time and between the realm of the living and the great beyond, this story will be confusing to anyone who hasn't seen the original. But say what you will about the storytelling, no one else makes mainstream horror films like James Wan. Maybe it's best to think of *Insidious: Chapter 2* as like taking a walk through a haunted

house. The exhilaration comes from the scares, not the walk. Did it make your spine tingle?

Mark: No, Richard, I was too busy trying to decipher what was going on. My spine doesn't tingle when it's exhausted. I do think Wan was ambitious in juggling all those space and time plots, and his atmospherics were first rate. But I actually might criticize the acting here — there were a lot of clunky line readings. Lin Shaye, however, as the ghostly clairvoyant, steals the picture whenever she's onscreen. And Barbara Hershey? Hottest grandma ever!

RC: Ha! There may be the

odd clunky line reading, but with her delicate features and downturned mouth, Rose Byrne does shock face like no one else. I also liked Patrick Wilson. He looks like the clean-cut guy next door, but when he's inhabited by evil spirits, boy, does he get ornery! I also liked that it was a horror film that doesn't rely on gore to get a rise out of the audience. The plasma budget must have been practically zero, but what it lacks in gore it makes up for in smoke, shadows and eerie red doors.

MB: Yes, no gore; Wan has certainly moved on from *Saw*. But what you call shock face I might call overacting, and seeing Patrick Wilson cast against type is a bit of a mixed

blessing. But in the end, it's still a story about possession and hauntings, and we might just be at the saturation point of the genre. The creaky old house doesn't help. Someday someone's going to set a film like this in an airy modernist penthouse, illustrating the horrors of light and white leather sofas.

RC: And they'll call it *A Haunting at Ikea: The Mournful Tale of Billy the Wobbly Bookcase!* I think I'll stick to the old school creaky house with a dark basement for ghouls to hide in.

MB: Dark basements are scary, but so are balconies on the 40th floor. I'm not sure where I'd find the ghouls more dangerous!

Notice of Hearing for Permanent Guardianship Order To Honey Fleischaker

Take notice that on the 20th day of September, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for Permanent Guardianship Order of your children born on March 15, 2002, August 4, 2000 and June 29, 1998. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
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2 SCENE

Finding the Canadian in Kurt

The Art of the Steal.

Jay Baruchel had a great time on set with co-star Kurt Russell



**RICHARD
CROUSE**
scene@metronews.ca

"You show up on set and you look over here and there's Kurt Russell and there's Terence Stamp," says Jay Baruchel of shooting his new film *The Art of the Steal*. "And you think, 'I have a pretty cool gig.'"

The heist film sees Kurt Russell and Matt Dillon as Crunch and Nicky Calhoun, brothers and art thieves who haven't worked together since Nicky snatched on Crunch and sent him to prison. Years later they team up to steal one of the world's rarest books, but will the job lead to more double-crossing?

Baruchel co-stars in this twisty-turny movie as Crunch's



The Art of the Steal opens in theatres next Friday. CONTRIBUTED

sidekick and protégé, which meant he got to spend a great deal of time with Russell.

"It's one of these things where if we didn't get along at all we would find a way to fake it but what really helped is that we were two Chatty Cathys. I would ask him every

conceivable thing. Every John Carpenter story. Stuff about *Tango and Cash*. Stuff about *Tombstone*, one of my very favourite movies of all time.

"He was cool to talk about all of it so whenever cut was called Kurt and I would go outside and have a cigarette and

talk. We talked about everything. We talked about politics. We talked movies, sports. He's a Canadianophile as well, so the man has some real Canadian bona fides. So when it comes time to say action, there's an energy, a connection, a shorthand because we

enjoy one another's company.

"It can be faked, but it's way less fun and way more work."

Working with one of his heroes wasn't the only reason Baruchel signed on.

"Like any job I take, I look at the opportunity," he says. "I look at who I'm going to work with, what it's about and where it's going to be and would I pay money to see it. This checked every box on my criteria."

Chief among those yardsticks is a strong Canadian element. The actor is a vocal supporter of the homegrown industry who says, "We need to make more movies here that take place here and we will not hide our Canadian-ness."

The Art of the Steal fits the bill. It was shot in Niagara Falls, a place he calls "a very specific part of the world, equal parts gorgeous and seedy and strange and disarming. The whole thing is a back lot. You put a camera there anywhere and you have production value up your ass."

Action/Comedy



The Family

Director. Luc Besson

Stars. Robert De Niro, Michelle Pfeiffer

This fish-out-of-water story sees *The Manzonis*: Maggie (Michelle Pfeiffer), Belle (Diane Aron), Warren (John D'Leo) and father, hit-man-turned-stoolie Giovanni (Robert De Niro), in witness protection in Normandy. Overseen by an FBI handler (Tommy Lee Jones), they try and fit in. Trouble is, they don't blend. *The Family* is a Bobby D mob flick, so it isn't terrible, and co-star Michelle Pfeiffer, brings back fond memories of *Married to the Mob*, but the film teases us with visions of De Niro in gangster mode and lets us down with a paint-by-numbers story. **RICHARD CROUSE**

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Crime/Drama



Passion

Director. Brian De Palma

Stars. Rachel McAdams,
Noomi Rapace

• • • • •

It's unclear whether the joke is on audiences or director Brian De Palma when watching this campy thriller about two female co-workers fighting for a plum company position. The veteran director of psycho-sexual fare may have returned to features after a five-year absence, but fails to return to form. Even a heartfelt performance from Rachel McAdams as the boss and jilted lover of Noomi Rapace cannot salvage what starts out as a sort of Cruel Intentions set in Germany and quickly turns into a B-movie mess with interminable dream sequences, labyrinth-like plot and weak resolution.

MANORI RAVINDRAN

Jennifer Aniston stars in *We're the Millers*, playing now. CONTRIBUTED

Aniston on stripping, tabloids and celebrity

We're the Millers. Jen spent weeks with a trainer to get in pole-twirling shape

GABRIELA
ACOSTA SILVA
scene@metronews.ca

In the new comedy *We're the Millers*, the *Friends* star, now 44, plays an aging stripper who pretends to be a mom, to help a schlub (Jason Sudakis) smuggle weed out of Mexico. The film has proven a monster hit, making the actress big again at the multiplex. Metro's papers in Mexico recently sat down with Jennifer Aniston to talk about the film.

You're in the tabloids a lot. What do you dislike most about fame?

That people see artists as gods, when we are simple humans. It seems that our

life, it's part of the development of the world — that if I get married, if I am mad with somebody, if I am pregnant ... that shouldn't be that important. I think people should pay more attention to other stuff, because nothing is what it seems; we are not as magnificent as you might think.

Your character in the film, Rose, doesn't leave much to the imagination.

The character is a stripper and I have to do a sensual dance. I have been in several clubs and had an amazing choreographer who taught me this beautiful dance I perfected for weeks and weeks. It wasn't easy to do it; I was quite intimidated, but in the end I think it wasn't so bad, is it?

You looked like a pro.

I went to a gym for weeks and weeks — the coach put me on a strict diet and that gives you certain confidence. The

hardest part was to go up the stairs in a sexy way.

Do you approach a character like this as if she's real? Give her a backstory?

I think she is a sad striptease dancer who has built a tough appearance because she had many disappointments through her life, mainly by choosing the wrong men. I think the anger turns to sadness and that we learn it with life. So that's how I got into the character. Playing with the cliché about being mother and wife was more easier than I expected and it had more to do with the experiences during my career.

Is comedy a genre that attracts you or has it been accidental?

I love to make people laugh. It's something I really like and comedies are something very fun. I made a few dramas, but I think I tend to gravitate toward comedies because they fit me.

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EVEREST STAIRCASE TWIN OVER FULL BUNKBED, 4' BY 8' POOL TABLE, HOMETREND CHATEAU 7 PIECE BROWN WOODEN DINING SET WITH WOOD AND BLACK LEATHER CHAIRS, BUCHANAN DOUBLE PEDESTAL DESK, DESK AND CONFERENCE TABLE, BROWN LEATHER 4 PIECE CHAISE LOUNGE SOFA SECTIONAL, DARK BROWN WOODEN KING BEDFRAME, BLACK LEATHER COUCH, LIGHT BROWN ENTERTAINMENT STAND/BOOKCASE, BROWN LEATHER ROCKER RECLINING ARMCHAIR, CALLAHAN NIGHT STAND, WHALEN SOFTO END TABLE, WHALEN WOODLAND GAMING THEATRE TV STAND, DARK BROWN WOODEN DOUBLE BOOKCASE, BROWN FABRIC COUCH, TECHCRAFT TV CONSOLES, WHALEN ROCHESTER COFFEE TABLES, BLACK WOODEN CABINETS, LEATHER AND CHROME BARSTOOLS, WOOD AND FABRIC BAR CHAIRS, TRUE INNOVATIONS BLACK LEATHER OFFICE CHAIRS, MICROSUDE ROCKER RECLINERS, WHALEN EVOLUTION 3 IN 1 TV STANDS, CHIMNEY FREE "SPECTRA FIRE" DARK WOOD FIREPLACE WITH FLATPANEL STAND, BLACK WOODEN CABINETS, ASSORTED LEATHER BAR STOOLS, CEILING FANS, ASSORTED LAMPS, FLAT PANEL LED DIGITAL FIREPLACE, ASSORTED DECORATIVE WALL ART & VASES, SUNBEAM DESK LAMPS, INFINITY BICYCLES, AQUAFLOAT DELUXE FLATATIONS, RESOL STACKABLE PLASTIC CHAIRS, BOUTIQUE SHAG AREA RUGS IN ASSORTED SIZES, 4 TIER FOUNTAIN WITH PLANTER, OVERTON 3 PIECE FLOOR AND TABLE LAMP SET, 2 PIECE LAMP SETS, DELUXE COACH LIGHTS, SEALY PILLOWTOP MATTRESSES & BOX SPRING SETS (KING, QUEEN, DOUBLE) PLUS MUCH MORE...

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46" HITACHI HDTV VIDEO COMBO, 42" PANASONIC PLASMA HDTV, 32" ELEMENT LCD HDTV, 17" HP MONITORS, SAMSUNG BLU-RAY 3D/DVD HOME THEATRE ENTERTAINMENT SYSTEM, SAMSUNG BLU-RAY DISC PLAYER, MINT RAINDROP WIRELESS STEREO SPEAKERS, ASSORTED TONER AND INK CARTRIDGES, ION BATTERY POWERED BLOCK ROCKERS & DIGITAL TURN TABLES, UNIDEN & VTECH CORDLESS PHONE SETS, CANON REBEL T3I CAMERA KIT, NIKON J1, D3100 & D7000 CAMERA KITS, NIKON COOLPIX L610, L320 & S9300 CAMERAS, CANNON POWERSHOT SX220HS CAMERA, WD TV LIVE PLUS NETWORK MEDIA PLAYER, WD MY BOOK LIVE PERSONAL CLOUD STORAGE, D-LINK HD MEDIA ROUTER 2000, GARMIN NUVI 3760 LMT GPS, TOM TOM VIA GPS, IHOME PORTABLE RECHARGEABLE SPEAKER SYSTEM, LENOVO A1107 IDEATAB, SONY NOISE CANCELLING HEADPHONES, BELKIN N600 WI-FI DUAL-BAND N+ ROUTER, LOGITECH HARMONY REMOTE, XBOX 360 KINECT CONSOLE AND SENSOR, WII MINI, PLAYSTATION 3, NINTENDO 3DS XL GAME CONSOLE, LARGE QUANTITY OF PS3, X-BOX & WII CONSOLE'S & GAMES, LAPDESK SMART MEDIA DESKS, THE SINGING MACHINE KARAOKE SYSTEMS, GW ACOUSTIC GUITAR W/ STAND, ASSORTED DVD & BLURAY MOVIES & COLLECTOR SETS, ASSORTED DESIGNER FRAGRANCES, ASSORTED DESIGNER WATCHES BY: CITIZEN, SKAGEN, TISSOT, JUST CAVALITIME, INVICTA, GUCCI, SEIKO AND COACH, SUNGLASSES BY ARMANI, LADIES MICHAEL KORS HANDBAG, MONT BLANC PEN, REIDEL WINE GLASSES, SWAROVSKI NECKLACE, SOPHIE CONRAN 2 PIECE CHINA SET AND MUCH MORE... END OF LEASE ITEM: PANASONIC DP-C406 DIGITAL COLOR COPIER.

HOUSEHOLD GOODS

DANBY DEEP FREEZE, FRIGIDAIRE GALLERY STAINLESS STEEL DISHWASHER, SNAP-ON 10,000 LB WINCH KITS, DELUXE MARBLE TOP VANITY WITH SINGLE SINK, INTERTEK QUARTZ TUBE PATIO HEATER, CHAMPION 4000 LB WINCHES, CHAMPION 4000 WATT GENERATORS, LAWN MOWERS, WR PARISIAN TOILET, BISSELL UPRIGHT VACUUM, ATLANTIS COMMERCIAL GRADE PRO SERIES KITCHEN SINK, KARCHER GASOLINE PRESSURE WASHERS, VIVA SELF-CLEAN HIDDEN BOTTLE WATER COOLERS, SNAP-ON 20 GALLON AIR COMPRESSOR, SCHUMACHER 950 PEAK AMPS, MICHELIN WIPER BLADES, POWER HEAT INFRA RED QUARTZ HEATERS, SNAP-ON HEAVY DUTY STORAGE RACKS, STANLEY WET/DRY SHOP VAC'S, OUTDOOR EXTENSION CORDS, ASSORTED HAND TOOLS, MICHELIN TIRE INFLATORS, MOTOR TREND LED SPOTLIGHTS, ORECK MULTIPURPOSE STEAM WANDS, LAWN ORNAMENTS, GARDEN HOSES, DOCK AND DECK SOLAR MARKER LIGHTS, STINGER BUG ZAPPERS, ASSORTED MICROWAVES, PLUSH TOWEL SETS, PLUSH BLANKETS, NATURAL PILLOWS, TRANQUIL NIGHTS BED SETS, NAUTICA PILLOWS, KITCHEN & LAUNDRY SUPPLIES, ASSORTED GROCERIES, NEW BOOKS, DINNERWARE SETS OF MIKASA, AURORA & ELITE STONEWARE, 10 PIECE STAINLESS STEEL COOKWARE SETS, COLEMAN 8 PERSON TENT, 10000 G2 QUART COOLERS, BLACK AND DECKER CONVECTION COUNTERTOP OVENS, HENGRILL STAINLESS STEEL OUTDOOR GRILL, LAGOSTINA 50 PIECE STAINLESS STEEL CUTLERY SET, BREADMAN PROFESSIONAL BREADMAKER, KITCHEN AID PROFESSIONAL 550 PLUS STAND MIXER, CUISINART 14 CUP PROGRAMMABLE COFFEE MAKER, KOOLATRON MINI BEVERAGE COOLER, RUBBERMAID FOOD STORAGE CONTAINERS, BEVERAGE SETS, RL-PRO REMOTE CONTROL CARS, RAZOR SCOOTERS, COLLECTOR BARBIE SETS, LARGE SELECTION OF PERSONAL CARE TOILETRIES, NEW CLOTHING & FOOTWEAR FROM: PARADOX, TRUE NORTH, AVIA, NIKE, ADIDAS, PUMA, DIESEL, MARMOT, CALVIN KLEIN, LACOSTE, NORTH FACE, LADY HATHAWAY, BLUE HARBOR, TRUE NORTH, CALLAWAY GOLF SHOES & MORE...

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300+ TREES IN VARIOUS SIZES IN VARIOUS SPECIES INCLUDING DAKOTA PINNACLE BIRCH, RIVER ALDER, BLUE AND WHITE SPRUCE, SWEDISH ASPEN, GOLDEN WILLOW, COTTON EASTER, WESTERN CHOKECHERRY, TREMBLING ASPEN, BIRCH, GREEN ASH, PRAIRIE SKY POPLAR, MOUNTAIN ASH, THUNDERCHILD FLOWERING CRAB, SHRUBERT CHOKECHERRY, ETHEL PINK MAYDAY AND MORE. LARGE SELECTION OF CEMENT BLOCKS INCLUDING RETAINING WALL BLOCKS, PAVING STONE, PATIO STONE, DECORATIVE BRICK, CINDER BLOCKS AND MORE.

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Distribution Assistant (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

PRIMARY RESPONSIBILITIES:

- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Calgary
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Sept. 20th, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Calgary in the subject line. All submissions will be treated as confidential.

metro

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NOW accepting submissions for our next ad.

You may have noticed our recent ads in the paper. The ones that reference the hottest topics everyone's talking about. Well now, we'd like you to come up with the next one. Simply write a headline with a supporting sketch. If we like the way you creatively tie a news story back to jobs, the next ad we run could be yours. And don't worry; you'll get all the credit.

- 1 Sketch your entry in the template below
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▼▼ Sample advertisement ▼▼

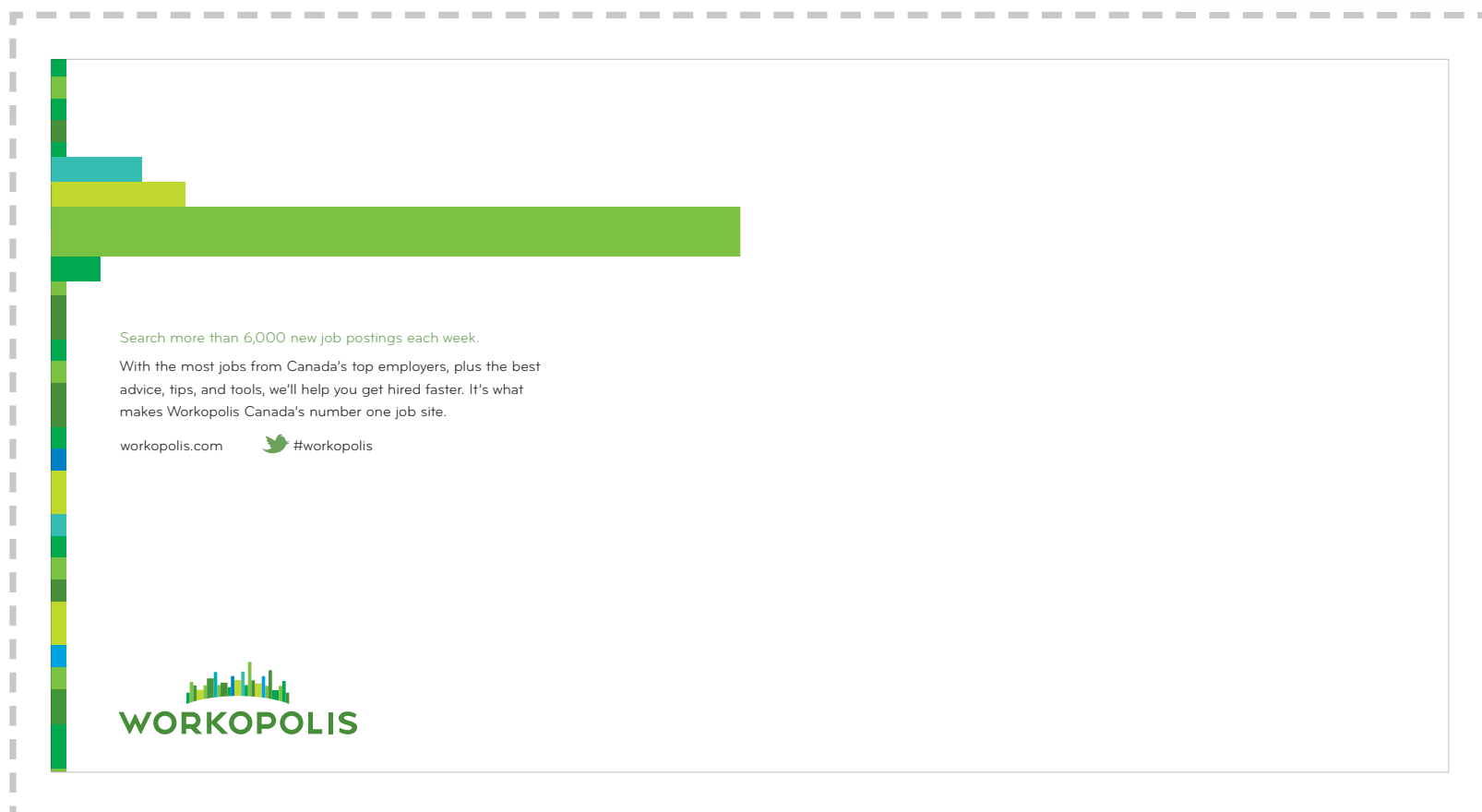


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 WORKOPOLIS

THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 13 TO THURS., SEPT. 19. TIMES ARE SUBJECT TO CHANGE.

Canyon Meadows Bay 110 13226 Macleod Trail

Grown Ups 2 (PG) Fri-Thu 1:10-3:55-7:20-9:50
The Heat (14A) Fri-Thu 1:20-4:15-7:10-9:55
The Lone Ranger (PG) Fri-Thu 9:25
Man of Steel (PG) Fri-Thu 12:50-3:50-6:45-9:35
Monsters University (G) Fri-Thu 1:25-4:10-7
Now You See Me (PG) Fri-Thu 1:15-4:05-6:50-9:55
Pacific Rim (PG) Fri-Thu 1:05-9:40
R.I.P.D. (PG) Fri-Thu 4:20-7:25
Star Trek Into Darkness (PG) Fri-Thu 1:05-4:05-6:55-9:45
This Is the End (18A) Fri-Thu 10
Turbo (G) Fri-Thu 12:55-3:45-7:15
World War Z (14A) Fri-Thu 1:35-10:05-10

Crowfoot Crossing 91 Crowfoot Terrace

2 Guns (14A) Fri 2:50-5:25-8-10:35
Sat-Sun 12:20-2:50-5:25-8-10:35 Mon-Thu 2:05-4:40-7:15-9:55
Becoming Traviata (PG) Sat 12:55
Despicable Me 2 (G) Fri 1:55 Sat-Sun 11:50 Mon-Thu 1:55
Despicable Me 2 3D (G) Fri 4:25-7 Sat-Sun 2:10-4:40-7:10 Mon-Thu 4:25-7
Elysium (14A) Fri 2:15-4:50-7:30-10:05 Sat-Sun 11:45-2:15-4:55-7:30-10:05 Mon-Thu 2:15-4:50-7:25-10
The Family (14A) Fri 2:25-5:05-7:45-10:25 Sat-Sun 11:45-2:25-5:05-7:45-10:25 Mon-Tue 2:25-5:05-7:40-10:15 Wed 5:05-7:40-10:15 Thu 2:25-5:05-7:40-10:15 Star & Strollers Screening Wed 1
Getaway (PG) Fri 9:50 Sat-Sun 9:40 Mon-Thu 9:45
In a World... (14A) Fri 7:10-9:55 Sat-Sun 7:40-10 Mon-Tue 7:30-9:50 Wed 7:30-10:20 Thu 7:30-9:50
Insidious: Chapter 2 (14A) Fri 2:45-5:20-7:55-10:30 Sat-Sun 12:10-2:45-5:20-7:55-10:30 Mon-Thu 2:45-5:20-7:50-10:20
It's a Mad, Mad, Mad, Mad World (STC) Mon 6:30
The Mortal Instruments: City of Bones (PG) Fri 9:40 Sat-Sun 9:45



Riddick CONTRIBUTED

Mon-Thu 9:40
One Direction: This Is Us - Extended Fan Cut (STC) Fri 2 Sat-Sun 11:55 Mon-Thu 2
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 4:30-7:05-9:35 Sat-Sun 2:20-4:50-7:20-9:55 Mon-Thu 4:30-7:05-9:35
Percy Jackson: Sea of Monsters (PG) Fri 2:40 Sat-Sun 12:15 Mon 1:40 Tue-Thu 2:40
Percy Jackson: Sea of Monsters 3D (PG) Fri 5:10-7:40-10:10 Sat-Sun 2:40-5:15-7:50-10:20 Mon 4:05-10:20 Tue-Thu 5:10-7:45-10:15
Planes (G) Fri 2:35 Sat-Sun 12:30-2:55 Mon-Thu 2:35
Planes 3D (G) Fri 4:55-7:15 Sat-Sun

5:10-7:25 Mon-Thu 4:55-7:10
Riddick (18A) Fri 1:50-4:35-7:25-10:15 Sat 11-1:45-4:30-7:15-10:10 Sun 1:45-4:30-7:15-10:10 Mon-Thu 1:50-4:35-7:20-10:05
The School of Rock (PG) Sat 11
The Smurfs 2 (G) Fri 2:10 Sat-Sun 12:05 Mon-Thu 2:10
The Smurfs 2 3D (G) Fri 4:40 Sat-Sun 2:35-5:10 Mon-Thu 4:45
Swan Lake Mariinsky Live 3D (STC) Wed 7
We're the Millers (14A) Fri 1:45-4:20-6:55-9:30 Sat-Sun 1:40-4:20-6:55-9:30 Mon-Tue 1:45-4:20-6:55-9:30 Wed 4:20-6:55-9:30 Thu 1:45-4:20-6:55-9:30 Star & Strollers Screening Wed 1
The World's End (14A) Fri 2:20-

5-7:35-10:20 Sat 5-7:35-10:15 Sun 12-2:30-5-7:35-10:15 Mon-Tue 2:20-5-7:35-10:10 Wed 2:20-5-10:10 Thu 2:20-5-7:35-10:10

Eau Claire Market 200 Barlay Parade

The Attack (14A) Fri 6:40-9:30
Sat-Sun 1:30-4-6:40-9:30 Mon-Tue 5:50-8:15 Wed 5:50 Thu 9:10
Blue Jasmine (PG) Fri 6:30-9:20 Sat-Sun 1:05-3:40-6:30-9:20 Mon-Thu 5:20-8
Elysium (14A) Fri 7:25-10:10 Sat-Sun 1:50-4:30-7:25-10:10 Mon-Tue 6:15-8:55 Wed 8:55 Thu 6:15-8:55
The Family (14A) Fri 7-9:40 Sat-Sun 1:40-4:20-7-9:40 Mon-Thu 5:30-8:25

Lee Daniels' The Butler (14A) Fri 6:50-9:50 Sat-Sun 12:55-3:50-6:50-9:50 Mon-Thu 5:40-8:35
Riddick (18A) Fri 7:10-10 Sat-Sun 1:20-4:10-7:10-10 Mon-Thu 6-8:45

Empire Studio 16 Country Hills 388 Country Hills Blvd.

Closed Circuit (14A) Stadium Seating, SR Dolby Digital Fri-Thu 9:20
Despicable Me 2 (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:40-3:50-6:25 SR Dolby Digital, Stadium Seating Mon-Thu 3:50-6:25
Elysium (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:15-3:40-

6:30-9:25 SR Dolby Digital, Stadium Seating Mon-Thu 3:40-6:30-9:25
The Family (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:25-3:45-6:35-9:40 SR Dolby Digital, Stadium Seating Mon-Thu 3:45-6:35-9:40
Grand Masti (STC) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thu 3-6:45-9:55
Haani (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Sun 12-6-9:15 SR Dolby Digital, Stadium Seating, Sub-Titled Mon-Thu 6-9:15
Insidious: Chapter 2 (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:30-4:10-7:05-10:10 SR Dolby Digital, Stadium Seating Mon-Thu 4:10-7:05-10:10

MEET YOUR CANDIDATES

EVENT SCHEDULE

KNOWYOURCANDIDATE.CA

MUNICIPAL EVENTS

Ward 2

Dalhousie Community Assotiation
5432 Dalhart Road NW
September 20, 2013
6:30pm – 8:30pm

Ward 4

Hunting Hills
Community Hall
520 – 78 Ave NW
Septmber 30, 2013
6:30pm – 8:30pm

Ward 7

Mount Pleasant
Comminty Hall

602 – 22 Ave NW
September 19, 2013
6:30pm – 8:30pm

Ward 9

Inglewood Community Centre
1740 – 24 Ave SE
October 3, 2013
7:00pm - 9:00 pm

Ward 11

Marda Loop Community Hall
313 – 16 St. SW
October 9, 2013
6:30pm – 8:30pm

SCHOOL BOARD AND CATHOLIC

SCHOOL BOARD

Wards 3 and 4 (public)
Ward 3 (Catholic)
Wards 4 and 7 (Catholic)
Throncliffe Community Centre
5600 Centre St. N
September 24, 2013
6:30pm – 8:30pm

Wards 6 and 7 (Public)
Wards 4 and 7 (Catholic)
Wards 6 and 9 (Catholic)
Mount Pleasant Community Hall
602 – 22 Ave. NW
September 26, 2013
6:30pm – 8:30pm

Wards 11 and 13 (Public)
Wards 13 and 14 (Catholic)
Wards 11 and 12 (Catholic)
Marda Loop Community Hall
3130 – 16 St. SW
October 10, 2013
6:30pm – 8:30pm

Wards 12 and 14 (Public)
Wards 13 and 14 (Catholic)
Wards 11 and 12 (Catholic)
Midnapore Community Association
50 Midpark Rise SE
October 1, 2013
6:30pm – 8:30pm

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14

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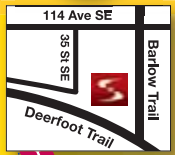
BRAND NEW! **\$25,998***

2013 RAV 4



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Empire Studio 16 Country Hills 388 Country Hills Blvd.

Lee Daniels' The Butler (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:30-10:10 SR Dolby Digital, Stadium Seating Mon-Thru 3:10-7:10
The Mortal Instruments: City of Bones (PG) SR Dolby Digital, Stadium Seating Fri-Thru 9:50
One Direction: This Is Us - Extended Fan Cut (STC) SR Dolby Digital, Stadium Seating Fri-Sun 12:25-6:05
SR Dolby Digital, Stadium Seating Mon-Thru 6:05
One Direction: This Is Us 3D - Extended Fan Cut (STC) SR Dolby Digital, Stadium Seating Fri-Thru 3:20-9:05
Planes (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:50-6:55 SR Dolby Digital, Stadium Seating Mon-Thru 6:55
Planes 3D (G) SR Dolby Digital, Stadium Seating Fri-Thru 3:40
Riddick (18A) SR Dolby Digital, Stadium Seating Fri-Sun 12:45-3:45-6:45-10:05 SR Dolby Digital, Stadium Seating Mon-Thru 3:45-6:45-10:05
Riddick: The IMAX Experience (18A) SR Dolby Digital, Stadium Seating Fri-Sun 12:15-3:20-6:25-9:35 SR Dolby Digital, Stadium Seating Mon-Thru 3:20-6:25-9:35
Shuddh Desi Romance (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Sun 12:40-4-7-10 SR Dolby Digital, Stadium Seating, Sub-Titled Mon-Thru 4-7-10
The Smurfs 2 (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:30-3:15 SR Dolby Digital, Stadium Seating

Mon-Thru 3:15
Viyah 70 KM (STC) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thru 3:05-6:10-9:25
We're the Millers (14A) Stadium Seating, SR Dolby Digital Fri-Sun 12:10-3:25-6:50-9:35 Stadium Seating, SR Dolby Digital Mon-Thru 3:25-6:50-9:35
The World's End (14A) Stadium Seating, SR Dolby Digital Fri-Sun 1-4:05-6:55-10:05 Stadium Seating, SR Dolby Digital Mon-Thru 4:05-6:55-10:05
Zanjeer (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thru 6:15-9:40

Empire Studio 10 Macleod Trail 100-16061 Macleod Trail

The Family (14A) Digital Presentation, Stadium Seating Fri-Thru 1:10-4:20-10:10
Insidious: Chapter 2 (14A) Digital Presentation, Stadium Seating Fri-Thru 1:20-4:10-7:30-10:15
Lee Daniels' The Butler (14A) Digital Presentation, Stadium Seating Fri-Thru 12:10-3:20-7-10
The Mortal Instruments: City of Bones (PG) Digital Presentation, Stadium Seating Fri-Thru 9:30
One Direction: This Is Us (G) Digital Presentation, Stadium Seating Fri-Thru 1-6:20
One Direction: This Is Us 3D (G) Digital Presentation, Stadium Seating Fri-Thru 3:40-9:20
Planes (G) Digital Presentation, Stadium Seating Fri-Thru 1:30-6:50
Planes 3D (G) Digital Presentation, Stadium Seating Fri-Thru 4:20
Riddick (18A) Digital Presentation,

Stadium Seating Fri-Thru 12-12:45-3-5:50-6:40-7:10-9:50-10:20
We're the Millers (14A) Digital Presentation, Stadium Seating Fri-Thru 1:45-4:30-7:40-10:30
The World's End (14A) Digital Presentation, Stadium Seating Fri-Thru 12:20-3:10-6:15-9:15

Scotiabank Chinook 6455 Macleod Trail

2 Guns (14A) Fri-Sun 9:30 Mon 10 Tue 9:30 Wed 10:10 Thu 10:20
Becoming Traviata (PG) Sat 12:55
The Conjuring (14A) Fri-Tue 1:35-4:20-7:20-10 Wed 1:35-4:20-10:20 Thu 1:35-4:20-7:20-10
Despicable Me 2 (G) Fri-Thru 12:55
Despicable Me 2 3D (G) Fri-Thru 3:25-7-9:35
Elysium (14A) Fri-Sun 12:20-3-5:35-8:10-10:45 Mon-Thru 12:30-3:40-6:45-9:40
The Family (14A) Fri-Sun 12-2:30-7:15-10:50-10:30 Mon-Thru 12:45-4-7:25-10:10
Getaway (PG) Fri-Thru 9:55
Insidious: Chapter 2 (14A) Fri-Sun 12:25-2:55-5:25-8-10:40 Mon 1:55-4:35-7:45-10:20 Tue 1:55-4:35-7:45-10:25 Wed-Thru 1:55-4:35-7:45-10:25
It's a Mad, Mad, Mad, Mad World (STC) Mon 6:30
Kick-Ass 2 (18A) Fri 1:50-4:30-7:15-10:05 Sat 4:30-7:15-10:05 Sun 12:50-3:25-10:05 Mon-Thru 1:50-4:30-7:15-10:05
Lee Daniels' The Butler (14A) Fri-Tue 1:15-4:15-7:10-10:15 Wed 12:45-3:45-7:10-10:15 Thu 4:15-7:10-10:15
Star & Strollers Screening Thu 1
The Mortal Instruments: City of

Bones (PG) Fri-Sun 1-4:25-7:20-10:10 Mon 12:30-3:25-10:30 Tue-Thru 1-4:25-7:20-10:10
Nothing Left to Fear (STC) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri-Thru 1:40
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri-Thru 4:40-7:15-9:50
Percy Jackson: Sea of Monsters (PG) Fri-Thru 1:30
Percy Jackson: Sea of Monsters 3D (PG) Fri-Thru 4:05-6:50-9:45
Planes (G) Fri-Thru 12:35-2:55-5:15-7:35
Riddick (18A) Fri-Thru 2-4:45-7:30-10:15
Riddick: The IMAX Experience (18A) Fri-Tue 1:10-4-7-9:50 Wed 12:15-7-9:50 Thu 1:10-4-7-9:50
The School of Rock (PG) Sat 11
The Smurfs 2 (G) Fri-Sun 1:20-4:10-6:55 Mon 1:20-4:10 Tue 1:20-4:10-6:55 Wed-Thru 1:20-4:10
Swan Lake Mariinsky Live 3D (STC) Wed 7
We're the Millers (14A) Fri-Thru 1:45-4:45-7:35-10:20
The Wolverine (14A) Fri-Tue 12:40 Wed 12:40-7 Thu 12:40
The Wolverine 3D (14A) Fri-Tue 3:50-7:05-10 Wed 3:50-10:15 Thu 3:50-7:05-10
The World's End (14A) Fri-Sun 12-2:35-5:15-7:55-10:35 Mon-Wed 12:50-3:45-7:30-10:30 Thu 3:45-7:30-10:30 Star & Strollers Screening Thu 1
WWE Night of Champions - 2013 (STC) Sun 6

Plaza Theatre 1133 Kensington Rd. N.W.

Drinking Buddies (14A) Fri-Sat 9 Mon-Wed 9
No Films Showing Today (STC) Thu
Passion (14A) Fri-Sat 7 Sun 8:15 Mon-Wed 7

Sunridge Spectrum 2555 32nd Street

Ekstra (PG) Fri-Sun 1-4:05-7:50-10:35 Mon-Thru 1-3:45-6:35-9:35
Elysium (14A) Fri-Sun 1:35-4:30-7:25-10:10 Mon-Thru 1:35-4:25-7:05-10
The Family (14A) Fri 1:40-4:40-7:40-10:30 Sat 11-1:40-4:40-7:40-10:30 Sun 1:40-4:40-7:40-10:30 Mon-Thru 1:40-4:40-7:25-10:15
Insidious: Chapter 2 (14A) Fri-Sun 12:15-2:50-5:25-8:05-10:45 Mon-Thru 1:30-4:10-7:40-10:20 Sat 11
Kick-Ass 2 (18A) Fri-Sun 10 Mon-Thru 9:20
The Mortal Instruments: City of Bones (PG) Fri-Sun 12:40-3:40-6:40-9:45 Mon-Tue 2:10-6:40-9:45 Wed 6:40-9:45 Thu 2:10-6:40-9:45 Star & Strollers Screening Wed 1
Percy Jackson: Sea of Monsters (PG) Fri-Thru 1:15
Percy Jackson: Sea of Monsters 3D (PG) Fri 4:15-7:10-9:55 Sat 4:15-7:10-10:15 Sun 4:15-7:10-9:55 Mon-Thru 4:15-7:10-9:50
Planes (G) Fri-Sun 12:35 Mon-Thru 1:05
Planes 3D (G) Fri-Sun 2:55-5:15-7:55 Mon-Thru 3:25-7
Riddick (18A) Fri-Sun 12:45-1:20-3:35-4:20-6:45-7:20-9:40-10:20 Mon-Thru 1:10-1:20-4-4:20-6:45-7:20-9:40-10:10
The School of Rock (PG) Sat 11

Shuddh Desi Romance (PG) Fri-Sat 2-6:20-9:30 Sun 2-6:20-9:50 Mon-Thru 2-6:15-9:30
Viyah 70 KM (STC) Fri-Sun 1:45-5-8:10 Mon-Thru 1:45-4:50-8
We're the Millers (14A) Fri-Sun 12:50-3:55-7-9:50 Mon-Thru 1:55-4:35-7:15-9:55
The Wolverine (14A) Fri-Sun 12:25 Mon-Tue 2:15 Star & Strollers Screening Wed 1 Thu 2:15
The Wolverine 3D (14A) Fri-Sat 3:25-6:30-9:35 Sun 3:25-9:35 Mon-Thru 6:20-9:25
The World's End (14A) Fri-Sun 1:25-4:25-7:30-10:15 Mon-Thru 1:25-4:25-7:30-10:10
WWE Night of Champions - 2013 (STC) Sun 6

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Blue Jasmine (PG) Fri-Sun 1:10-4-6:50-9:45 Mon-Thru 5:20-8
Elysium (14A) Fri-Sun 1:20-4:10-7-9:50 Mon-Thru 5:50-8:40
The Family (14A) Fri-Sun 2-4:50-7:40-10:30 Mon-Thru 6:20-9:10
Insidious: Chapter 2 (14A) Fri-Sun 1:30-4:20-7:10-10 Mon-Thru 5:40-8:20
Jobs (PG) Fri-Sun 12:55-3:45-6:35-9:30 Mon-Thru 5:10-8:10
Lee Daniels' The Butler (14A) Fri-Sun 1-4:05-7-10 Mon-Thru 5:30-8:30
Planes (G) Fri-Sun 1-3:35 Mon-Thru 5
Planes 3D (G) Fri-Sun 6:30-9 Mon-Thru 7:50
Riddick (18A) Fri-Sun 12:50-3:40-6:30-9:20 Mon-Thru 5-8:30
We're the Millers (14A) Fri-Sun 2-4:50-7:40-10:30 Mon-Thru 6:10-9
The World's End (14A) Fri-Sun 1:45-4:35-7:25-10:20 Mon-Thru 5:55-8:50

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f t w i



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Idris Elba's turn as Nelson Mandela in *Mandela: Long Walk to Freedom* made its big debut at the Toronto International Film Festival this month with clear awards aspirations. Elba is far from the first actor to take on Mandela's inspiring story — he's been portrayed on screen more than a dozen times — but he could be the first man to win an Oscar for playing him. Here's how some of his previous on-screen incarnations measured up.

NED EHRBAR

Metro World News in Hollywood

George Harris: Prisoners of Conscience (1981)

A familiar face from the Harry Potter and Indiana Jones franchises, Harris was the first English-language speaker to play Mandela, in an episode of this BBC political documentary series. Released while Mandela was still in prison, it's nearly impossible to find a copy of *Prisoners of Conscience* today.



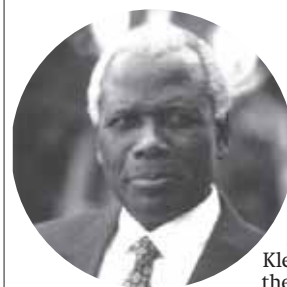
Danny Glover: Mandela (1987)

Airing three years before Mandela's release from prison, this HBO original film featured *Lethal Weapon*'s Glover alongside Alfre Woodard as Winnie, chronicling his rise to prominence and incarceration. The high-profile film scored Glover an Emmy nomination.



Sidney Poitier: Mandela and de Klerk (1997)

What a cast here: Academy Award-winner Poitier stars alongside Michael Caine (as South African president F.W. de Klerk). It details the behind-the-scenes negotiations that led to the legalization of the African National Congress — and Mandela's release. Like Glover, Poitier was nominated for an Emmy.



Dennis Haysbert: Goodbye Bafana (2007)

The president from 24 playing the president! Haysbert is pitted against Joseph Fiennes' racist prison guard, whose detail guarding Mandela brings about a change of heart.



8

Onscreen Nelson Mandelas

Clarke Peters: Endgame (2009)

The end of apartheid — and the behind-the-scenes negotiations that brought about its end — is examined again, this time with Mandela taking more of a supporting role. The *Wire* vet Peters, starring opposite William Hurt and Jonny Lee Miller of *Elementary*, embodies Mandela as his time in prison comes to an end.



Morgan Freeman: Invictus (2009)

In the role he was destined to play, Freeman is Mandela as newly-elected president and attempts to unite post-Apartheid South Africa through a love of rugby. Freeman would be nominated for an Oscar, alongside co-star Matt Damon.

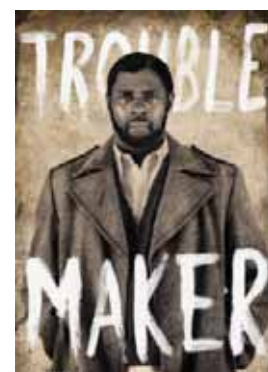


Terrence Howard: Winnie (2011)

Mandela's second wife Winnie Madikizela-Mandela is the star here, played by Jennifer Hudson. The film details her childhood, her own incarceration and struggles with adversity both during Mandela's imprisonment and afterward. Howard (*Iron Man*) plays Mandela as a charmer.

Idris Elba: Mandela: Long Walk to Freedom (2013)

Expected to be the definitive biopic, this awards-hopeful follows Mandela from childhood to his first presidential inauguration — with *Skyfall* co-star Naomie Harris as Winnie. It's based on Mandela's own 1994 memoir. Stringer Bell for best actor?



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It's an all-Canadian affair today with a mix of vets and newcomers.



Reservoir / Pup

This new Toronto four-piece is being noticed by websites around the planet. This is honest, unvarnished rock 'n' roll, complete with blemishes. Acquaint yourself now.



King of Copenhagen / The Mahones

They've been touring behind their Angels & Devils album for more than a year now. Their latest video was pasted together from nothing but fan-shot footage. Well done!



Arrows of Desire / Matthew Good

Matt's new album is a back-to-basics affair, inspired in part by repeated listening to his favourite Pixies and Husker Du records. Arrows of Desire will be out Sept. 24.

Aguilera's African aid trip bettered her

Rwanda. Pop star, who was there on a World Hunger Relief effort, needed time away from cameras and was glad to help those less fortunate



Christina Aguilera. GETTY IMAGES

Christina Aguilera says that although she went to Rwanda to help others, she ended up helping herself. The 32-year-old singer visited Rwanda in June for a hunger relief effort. She said the experience helped her ground herself.

"It came at a time in my life when I really needed to be far removed from anything to do with work or being on camera," the Grammy winner said in a recent interview. "It came at a time in my life when I needed to sort of experience what's going on with the world beyond entertainment."

Aguilera has been a spokes-

go into the field, you really see that and feel that we're all one in the same, it's just we're born under different circumstances, and it's sad and I don't understand why, but I feel what I feel and I did what I can."

On her Rwanda trip, The Voice mentor served food to children and visited refugee camps, which she called "one of the most difficult moments."

"They had to escape everything and everybody they knew and loved, and it's just a lot to really open yourself up and feel all that," she said, on the brink of tears. "And you just want to help out in whatever way that you can."

Yum! Brands Inc. is the parent company to KFC, Pizza Hut and Taco Bell. The company said its World Hunger Relief effort has raised nearly \$150 million for the United Nations World Food Programme and other organizations since its launch in 2007.

THE ASSOCIATED PRESS

person for Yum! Brands' World Hunger Relief effort since 2009, and has also travelled to Haiti and Guatemala. She said being a mother — she has a five-year-old son, Max — made her feel more empathetic for those suffering from hunger around the world.

"It's so sad to think there's nothing that sets any of us apart," she said. "And when you

What do Modern Vampires listen to?

Chief songwriters speak. Ezra Koenig and Rostam Batmanglij tell Metro what songs and bands influenced them greatly on their journey to stardom

**PAT
HEALY**
Metro World News in NYC

As Vampire Weekend prepared to go on the road for another set of dates, main men Ezra Koenig and Rostam Batmanglij were right where they belonged earlier this week — helping as guest editors to our Metro papers in New York, Boston and Philadelphia.

Throughout two hour-long discussions with VW's chief songwriters, music obviously comes up a lot.

The references Koenig and Batmanglij throw around are often surprising. The title of their new album comes from the song One Blood by reggae artist Junior Reid. Here is a sampling of a few of the other artists the pair discussed.



Vampire Weekend Chris Tomson, left, Chris Baio, Rostam Batmanglij and Ezra Koenig. CONTRIBUTED

Koenig

"Kanye is probably the greatest artist of our generation, and he's always talking about how he doesn't give a f—, but he's also always talking about how he does give a f—. It's two sides of the same coin. I

would love to eventually get to a place where I could be so relaxed and be like, 'As long as we think it's good, nothing in the world matters.' But that's not exactly what this whole world of music that we participate in is about."

Batmanglij

"Ezra was kind of inspired by some things, one of them being this song Step to My Girl by Souls of Mischief, which you should check out. ... They were a West Coast rap group. I think they made

that song when they were 15. It's kind of like a lost song."

Koenig

"If you grew up obsessing about pop music and idolizing people like The Clash

or Radiohead or Prince, who were able to have long careers in which they changed a lot, part of that is because in addition to following their own visions, they were also able to create things that mattered to people. I think that it's really cool that The Clash came out and made this early punk album that had all this energy and got people talking, and then six or seven years later they made this dancey hip-hop song about the Middle East that was like, a huge hit."

Batmanglij

"The Walkmen should be bigger, they are a great band. But I think there's a lot of people that feel the way we do."

Koenig

"I went on a drive last week and I was listening to the ASAP Ferg album. I thought there were some really great songs on it. I liked his vibe and I think it's a well-crafted album. And then I saw it debuted in the top 10, and it's his first album and I was like, 'Well, that seems about right.' That's cool that people are excited about that."

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Keith Urban's new record is called Fuse. GREG ALLEN/INVISION/AP

He's a little bit country, a little bit rock 'n' roll

Fuse. Aussie country rocker Keith Urban took chances teaming up with eight different producers on his varied, latest record

Keith Urban didn't need to change a thing. With an enviable consistency, the American Idol judge remains a platinum-selling, arena-filling guitar slinger after spinning hits for 15 years — not to mention the movie-star wife and the Dorian Gray good looks. Yet when it came time to record his latest album, Urban decided to alter the formula even as he reached new peaks in popularity.

The deluxe version of Urban's new album, Fuse, is stuffed with 16 songs recorded with eight producers from widely different backgrounds. There are entries from Urban's longtime collaborator, country

hit machine Dann Huff, but also tracks from a menagerie that includes rock and rap mainstay Mike Elizondo, Nashville maverick Jay Joyce, Norwegian hit-makers Stargate, Taylor Swift collaborator Nathan Chapman and rocker Butch Walker.

"I felt like an air traffic controller trying to land 16 planes," Urban said. Getting everything down on the tarmac took the 45-year-old Australian a year longer than expected. It's been three years since Urban released his last album, and he's long since missed the perfect marketing window his first year on Idol provided. He initially intended to meet with a large group, then settled on a single producer. Things got out of hand as Urban began to see the possibilities. "As I started working with different people, they'd bring out different things in me," Urban said. "I'd play different for Butch Walker than I would for Dann Huff. I'd sing a little different for Stargate than I would for Jay Joyce.

Cleared for playing

"I felt like an air traffic controller trying to land 16 planes."

Keith Urban
On his new album Fuse

So I thought, 'Let's keep going on this a bit longer.'"

Urban's seventh album still sounds very much like a Keith Urban album. He said his goal wasn't to have Walker write a rock song, but to meld sounds and ideas to update and diversify his music.

"I realize now, particularly after this journey, apparently I love hokey songs," Urban said. "I love choruses. I love guitar riffs. I love particular grooves and rhythms and I like them being prominent. I love acoustic instrumentation fused with electronic-type instruments. If I was to label it, I'd probably say it feels like a progressive crossover country album, 2014."

Joyce said Urban dropped by his Nashville studio for a visit. He was drawn to Urban's energy, and like the singer, he loves to mix things up in the studio. "It was different because he's really heavily involved," said Joyce, who works with artists as diverse as Eric Church, Cage the Elephant and Amos Lee. "And I kind of admire anybody that's willing to push themselves musically and not try to think of it as this record is just a means to keep the train going, making the music be first. I think it's brave."

Urban agrees he could have taken the safe route, but didn't see his approach as much of a gamble. Fuse hits during one of the most creative points in Urban's life. He's finishing up a tour, preparing for a second season on Idol and is raising two young girls with his wife, Nicole Kidman. The album is simply Urban embracing the possibilities life has presented him.

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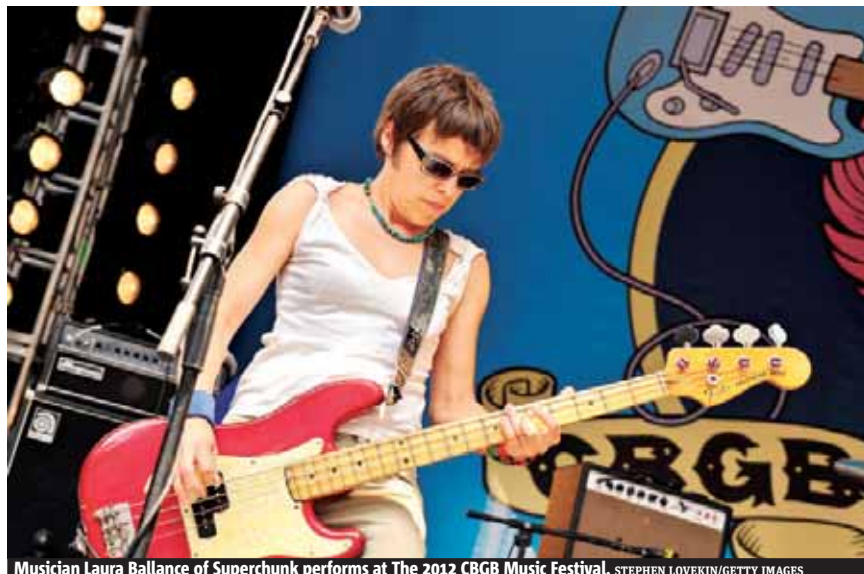
Superchunk, super hearing loss

I Hate Music. Laura Ballance explains why she's sitting out this tour and the sadness of her band's new material

NOLAN GARWON
Metro World News

After nearly a decade-long hiatus leading up to 2010's *Majesty Shredding*, indie rock stalwarts Superchunk have bounced back much more quickly with their 10th re-release, *I Hate Music*.

"We've never broken up," notes bassist and founding member Laura Ballance from the Merge Record headquarters in Chapel Hill. "We knew we wanted to keep playing. We knew once we had a break that we'd probably want to make records again. When we did *Majesty Shredding*, it was very much of a, 'We'll do this and see how it goes' situation. Who knows?"



Musician Laura Ballance of Superchunk performs at The 2012 CBGB Music Festival. STEPHEN LOVEKIN/GETTY IMAGES

Maybe it would be another 10 years before we made a record — and maybe not. It depends on how much fun we have."

But along with the fun came sadness.

The new album's ominous title, *I Hate Music*, doesn't reflect any aging angst or irony. Music has long been an all-encompassing part of the band's life. Besides playing in Superchunk, Ballance and

lead singer Mac McCaughan own Merge records, one of the most influential and successful independent record labels of all time. Instead, the title reflects the inability of music to stop life's tragedies.

The record is a tip of the hat and bowing of the head to friend and film production designer David Doernberg, who passed away last year.

"This record is very much about our friend Dave," says Ballance solemnly. "If you listen to the lyrics in that song (Me & You & Jackie Mattoo), it's interpreting this frustration. Music has been this huge part of our lives and it's so important to us, but really, what is it worth? People need music and music does have a lot of value, but it can't change the physical reality of somebody dying."

With a lyrical focus more mellowed and mature, McCaughan's nasally nostalgic songs are often travelogues and reverent references to shows and people along the way.

And while the subject matter may be heavy, the instrumentation is even heftier with towering guitars, searing solos and the powerful punishment of the drum kit that have long defined the Superchunk sound.

There is one thing that will be noticeably different on this tour, however.

After nearly 25 years, Ballance will be sitting out her first ever shows due to hyperacusis, an oversensitivity of the eardrum related to hearing loss. Joining the band on the road will be bassist Jason Narducy.

"I started to notice my ears ringing ages ago," Ballance notes. "Probably as soon as we started playing together. But I have noticed that my hearing is getting progressively worse. I realized that I was having an increasingly difficult time hearing people who are talking to me. I realized that I want to be able to hear my daughter and hear my grandchildren. I love playing for people, but I've done it and I've done it for 25 years. I think I've fulfilled my promise. I have been really worried that I was going to be really upset and sad about them playing without me. But I didn't get upset. I felt liberated."

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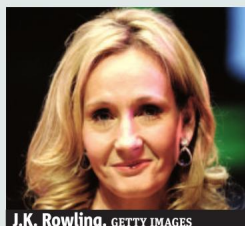
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More Potter



Harry Potter and the spinoff

Own earplugs? Put them in, because everyone who was a child between 1995 and now is about to scream.

J.K. Rowling is a writing a new movie set in the world of Harry Potter.

According to Deadline, Mr. Potter will not appear in the spinoff film, Fantastic Beasts and Where to Find Them, which is based on one of Harry's Hogwarts textbooks, and will kick off in New York 70 years before the Potter books. The story will feature characters from the Pottermore's mythology, including Newt Scamander, author of the eponymous textbook. It is expected to be the first in a series. **MELINDA TAUB, METRO**

Author's life-long goal realized

The Orenda. Author says that latest work of fiction is the book he was 'meant to write'

Acclaimed author Joseph Boyden says his highly anticipated new novel, *The Orenda*, closes a chapter on a goal he's had his entire life.

On sale now, the story is an arresting fictional look at the sometimes brutal conflict between the Jesuits, the Huron-Wendat Nation and the Iroquois in the New World of the mid-1600s.

It's a rich period of history Boyden — who has Irish, Scottish and Métis roots — has been fascinated with since childhood, when he learned about it as a student at Toronto's Jesuit-run Brebeuf College School.

Boyden also spent his childhood summers on Beckwith Island in Ontario's picturesque Georgian Bay area. Beckwith overlooks Christian Island, where Hurons fled with Jesuit missionaries during battle with the Iroquois.



Joseph Boyden's new book, *The Orenda*, examines the brutal conflict between the Jesuits, the Huron-Wendat Nation, and the Iroquois in the New World of the mid-1600s. **THE CANADIAN PRESS**

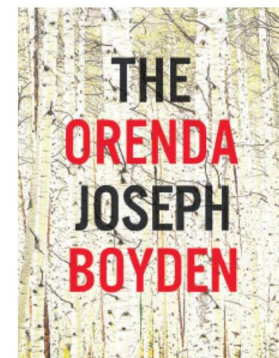
"I think it's one of a number of books I've wanted to write all my life," he said in a recent telephone interview. "But certainly it's one that I've thought about all of my life and wanted to write and had to wait until it was the right time to do it."

That time came after Boy-

den's novel *Through Black Spruce* won the 2008 Scotiabank Giller Prize just two years after his debut effort, *Three Day Road*, landed the Rogers Writers' Trust Fiction Prize and was shortlisted for a Governor General's Award. Both novels also explore aboriginal themes.

Boyden was of course thrilled to win the Giller, but he admits he became "depressed" after coming down from the high and feeling pressure to begin another project.

It took him two and a half years to write the first 50 pages of *The Orenda*, but then "the



floodgates opened" and he went on to craft a nearly 500-page epic tale he feels is his "most accomplished novel."

"It's the first time I feel like I've matured finally as a writer," he said from New Orleans, where he lives when he's not in northern Ontario. "I'm not worried about the reviews; I'm not worried about any of it, because I really feel in my heart that this is the book I was meant to write, and it's a strong book."

"My wife, Amanda, who is my best editor, thinks the same thing, so that makes me feel good as well." **THE CANADIAN PRESS**

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The Power to Surprise

Better Call Saul



Bob Odenkirk a.k.a. Saul Goodman. CONTRIBUTED

Breaking Bad spinoff will be all about Saul

Breaking Bad fans will be ecstatic to learn that there is a new chapter in the show after it ends: Saul Goodman is getting his own spinoff series, tentatively called Better Call Saul. Television's funniest, slimiest fictional lawyer, Saul Goodman is returning to AMC with a one hour show that acts as a prequel to Breaking Bad. Bob Odenkirk, also of Adult Swim fame, will reprise his role as Saul. **METRO**



Kendra Wilkinson-Baskett returns to reality TV. GETTY IMAGES

Candid Kendra glad to be back On Top

Season 2. Former playboy bunny can't wait for viewers to experience her life outside of marriage and motherhood

ANISA
ARSENAULT
Metro World News in NYC

You identified with her Olive Garden obsession in The Girls Next Door. You did her On Demand ab workouts. You were there every step of the way as she planned her wedding in Kendra. Kendra Wilkinson-Baskett has dominated reality television since 2005. And she's still got more to give. Kendra On Top will return for season two this weekend.

The move from the show Kendra on E! to Kendra On Top on WEtv gave Wilkinson-Baskett the chance to rebrand herself. "Our goal was to reintroduce Kendra again, in a

For real real

"This is the most organic show you can get."

Kendra Wilkinson-Baskett
On the new season of Kendra On Top.

different light," she says. "Season one was about finding a career, being a parent, being a wife — kind of reintroducing me under another network, and reminding people who I am." But season two will dive right in.

"My audience understands where I'm at now; we're pretty much up to date with everything," Wilkinson-Baskett says. "This season is not about me being a parent or about me being married. It's about being a human being, the struggles of what that means, and how I get through it." According to Wilkinson-Baskett, those struggles are real. "This is the most organic show you can get," she says. "Sure, we have creative little tie-ins. But the overall story is 100 per cent my life."

Why such a strong commitment to the reality of reality TV? "I find it very therapeutic to be able to tell my story, and not hide it," she says. "We've been shooting season two of Kendra On Top for about a year now. There's a lot that goes on in a year. Everybody goes through spurts. There are some people who hide those spurts and blow up later. But I'm an open book."

What are some of those "spurts" for Kendra? As husband Hank Baskett develops his career at his gym Athletic Gaines, tensions run high. "There's an episode where you'll get a chance to see what happens when his business mixes with my business, and it ends up not being such a great thing," she says. "It ends up being a complete disaster. You'll get a chance to see how we get through it, together."

Despite their professional differences, Wilkinson-Baskett remains supportive of her hubby's career. "The gym is really the most amazing place ever," she says.

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Sorrentino in much healthier Situation now

Coming clean. Former Jersey Shore star Mike 'The Situation' Sorrentino opens up about addiction battle

Former Jersey Shore cast member Mike "The Situation" Sorrentino realized he had an addiction problem on a trip to Australia in February 2012. He ran out of a prescription to treat an injury suffered during a 2010 stint on ABC's Dancing with the Stars.

"All I had to do was get dressed for a family function and I couldn't do that," Sorrentino said Monday in an interview with The Associated Press. "The shirt was laid out, the belt, the pants, everything. The shower was on. I couldn't even get out of bed," he said. Then he thought, "If I can't do that how am I going to continue?"

There were rumours at the

time that he was battling an addiction to drugs and alcohol but Sorrentino maintains that wasn't the case and says "those rumours were definitely false. I didn't mix anything."

Soon after he checked into rehab, where doctors prescribed him with a medication to treat opioid addiction. Sorrentino still takes it daily and says that, combined with counselling, is what works best for him.

The 32-year-old is now a paid spokesman for Reckitt Benckiser Pharmaceuticals, Inc., the company that makes the medication he's taking. He's also helped launch a program called Reset Reality, to spread knowledge and understanding of opioid prescription painkiller addictions.

The road to figuring out he had a problem wasn't so easy. Looking back, there were people, like his family, who recognized before he did that something wasn't right.

Moment of realization

"All I had to do was get dressed for a family function and I couldn't do that."

Mike Sorrentino
On when he realized he had a problem

For one, he stopped working out as much, which was out

of character. Also, he recalls: "People would say, 'Mike's not the same Mike we've seen before.'" He would respond, "I don't know what they're talking about" or chalk it up to someone not liking him or the show, but now says, "I was suffering a disease."

After completing rehab, Sorrentino still had one more season to film of Jersey Shore.

"A little part of me was like,

'How am I gonna get through this?' but if you watched I didn't have one drink."

The show aired its final episode last December. Since then Sorrentino has "gotten back to who Michael is."

The focus is on fitness, family, cooking and he says he also has a girlfriend.

He tries to look at life in 24 hour increments and his goal is to be "the best person I can be

for those 24 hours."

Sorrentino also has plans to return to showbiz and hopes to have career announcements soon, but says staying healthy is his main focus and he's proud of that.

"The roller coaster of fame and fortune is definitely a ride in itself, but to get to recovery is something special. ... There is hope out there and you can get help." **THE ASSOCIATED PRESS**



Jersey Shore's Mike "The Situation" Sorrentino. THE ASSOCIATED PRESS

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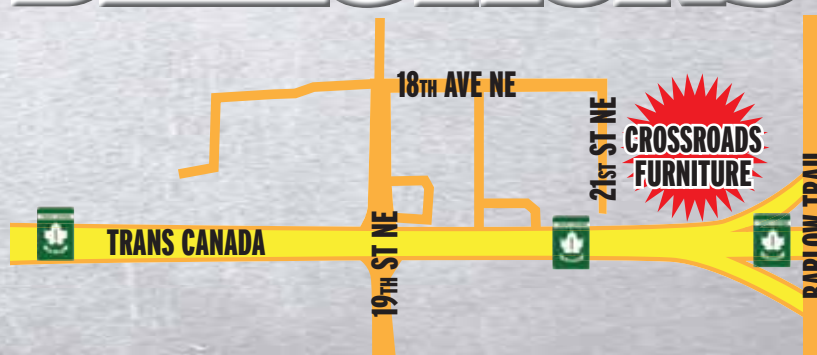
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Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Cheating in the U.S.A? Has Hemsworth got hands in January's cookie jar?

Rumours about Liam Hemsworth stepping out on fiancée Miley Cyrus are resurfacing after the Hunger Games star reportedly sent a rather forward text message to January Jones, according to Us Weekly. "I want to f--- you," Hemsworth allegedly wrote to the Mad Men actress, with whom

he was reportedly spotted making out at an Oscars after-party earlier this year. Hemsworth's rep, however, insists it's all nonsense. "The story of Liam Hemsworth and January Jones is entirely fabricated by US Weekly. There is no truth whatsoever to this tabloid fiction," the rep says in a statement.

Does Cara light up Harry's world like nobody else?

Harry Styles reportedly has a new lady in his life. The One Direction member has been dating Cara Delevingne "for around two weeks," according to E! Online. "Harry's been chasing Cara nonstop. He really likes her and has been saying that he wants to be exclusive with her," a source says. But right now, Cara is not sure what to do. "She's finding her feet right now. They are seeing each other though,



Harry Styles

casually, and are actually very cute together. He's really chasing her, but she's a really busy girl," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



It seems Demi wants a man with Moore years under his belt

Demi Moore is reportedly dating billionaire restaurant mogul Peter Morton, the 66-year-old

father of her ex-boyfriend Harry Morton, according to Grazia. "Demi says that thanks to Peter, her toy-boy fascination could be over," a source says. "At 66, she never thought he'd be her type, but she really likes him." And apparently the same goes for her daughters. "The girls are glad Demi is dating someone older than herself for once," the source adds.

METRO



Katherine Heigl

Cinematic source says Heigl, 'can cost you time every single day of shooting'

According to several film and TV insiders, Katherine Heigl is too difficult and demanding to work with, telling the Hollywood Reporter that casting the former Grey's Anatomy actress is "not worth it." A source from her 2010 film Life As We Know It says, "She can cost you time every single day of shooting.

Wardrobe issues, not getting out of the trailer, questioning the script every single day." And a TV executive says Heigl's reputation kept her out of consideration for a role in a new series. "On many levels, she would have been perfect for the role, but all of us said, 'She's not worth it,'" the exec says.

Twitter



@kirstiealley
I hate spell check!!!!



@jason_mraz
If humans hadn't developed index fingers, do you think Mariah Carey would be able to sing?



@Joan_Rivers
The reports that Madonna is engaged to her 25-year-old boyfriend are false. She isn't marrying him, she's adopting him.

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Notice of Calgary Currie PCAA Annual General Meeting

Thursday September 26, 2013 7:00 pm
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The Calgary- Currie Progressive Conservative Constituency Association including the communities of Bankview, CFB Currie, Glenbrook, Glendale, Killarney, Richmond, Rosscarrock, Shaganappi, Spruce Cliff, Sunalta, Westgate, and Wildwood.

A meeting will be held on Thursday September 26, 2013 at 7:00 pm at the Good Companions 50 + Club located at 2609 26 Avenue SW, Calgary for the purpose of electing a Board of Directors, business arising from the AGM, and approving the Constitution. A 2013 Progressive Conservative Association of Alberta membership is required to be able to vote and you must reside within the boundaries of the constituency. Memberships are available at the PCAA website www.pcalberta.org. New members are welcome. Members must show proof of age and primary residence within the boundaries of the Constituency to be able to vote. For further information or if you wish to become a member of the board, please contact

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terrybullick@shaw.ca
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Super sipper



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Our Royal Mint will be releasing coins to celebrate the 75th anniversary of Clark Kent's alter ego, and it got me thinking about a style of wine that also has a reputation for being super.

Italy's super Tuscans were conceived back in the 1970s as a liquid rebellion against the Chianti region's archaic winemaking regulations. Some winemakers went rogue by growing and then blending local and global grape varieties.

While Italians initially turned their collective noses up at this sacrilege, they were a hit everywhere else. Soon they were commanding prices as high as Italy's best, which earned them the heroic nickname.

It isn't legally defined terminology, so any winery in Tuscan adding non-traditional grapes to their blend can claim super Tuscan status. That's made it easier to find a drinkable version that doesn't break the bank.

The 2008 Monte Antico Toscana IGT (\$15.95 to \$18.99) is primarily sangiovese with a small portion of both merlot and cabernet sauvignon. The result is a rich wine with deep plum and black cherry core that offers terrific value.

A classic with pizza, it's equally at home paired with most red meats.

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Pile on the yum

Pulled Pork Lettuce Wraps with Mediterranean Pickles. A Cutthroat Kitchen-inspired dish

Cutthroat Kitchen hands four chefs \$25,000 and an opportunity to spend the money to either help themselves or sabotage their competitors. Ingredients are stolen, utensils destroyed and valuable time lost when these chefs compete. With host Alton Brown, nothing is out of bounds when money changes hands and viewers see just how far one chef will go to for the winning dish.

Pulled Pork

1. Heat olive oil in pan over med-high heat. Season pork with salt and pepper, sear on all sides, approx. 15 minutes. Remove from pan and set aside.

2. Place carrot, celery, garlic, cinnamon, thyme, lemon and orange zest in same pan. Sauté over medium high-heat until golden, approx. 10 minutes. Deglaze with tomatoes and stir.

3. Place pork and tomato mix in pressure cooker. Cook on high pressure until pork is tender, approx. 80 minutes. Release pressure and remove pork. Place in a high-sided pan and shred meat.

4. Strain liquid. Cover pork with just enough liquid to keep moist. Set aside to cool.

5. Place remaining cooking liquid and vegetable mix in a food processor. Purée until smooth. Set aside.

Crispy Chorizo

1. Heat olive oil in a sauté pan over medium-high heat. Add chorizo and thyme; sauté until crispy, approx. 5 minutes. Set aside until assembly.



Cutthroat Kitchen airs Sundays at 10 p.m. ET/PT on Food Network Canada.
COURTESY FOODNETWORK.CA

Master Brine

1. Place ingredients in a large pot and bring to boil. Remove from heat and reserve.

Pickled Fennel

1. Bring Master Brine to boil.
2. In another pot, place fennel, orange zest, toasted mustard and fennel seeds. Pour enough boiling Master Brine to cover, weigh down with a heavy object to submerge fennel. Set aside to cool, approx. 1 hour.
3. Place orange juice in containers. Transfer fennel with Master Brine into containers with orange juice. Cover and refrigerate until assembly.

Pickled Carrot

1. Place all ingredients, except Master Brine in container. Pour enough boiling Master Brine just to cover ingredients.

Ingredients

Pulled Pork

- 1/4 cup olive oil
- 1 4-5 lb pork shoulder, deboned and cut into 5 pieces
- salt and pepper
- 1 each carrot and stalk celery, roughly chopped
- 4 cloves garlic, smashed
- 1/2 cinnamon stick
- 3 sprigs thyme
- 1/2 zest each of 1/2 a lemon and orange
- 2 (796 ml) cans of whole tomatoes

Crispy Chorizo

- 1 tsp olive oil
- 2 chorizo sausages, diced
- 1 sprig thyme

Master Brine

- 1 litre white vinegar
- 1 1/2 l water
- 375 g sugar
- 250 g salt

Pickled Fennel

- 1 Master Brine
- 1 bulb fennel, core removed and julienned
- 1/2 zest and juice of 1/2 orange

- 1 1/2 each tsp toasted mustard seeds and fennel seeds

Pickled Carrot

- 2 carrots, peeled into ribbons
- 1 pinch saffron threads
- 1 sprig lemon thyme
- 1/2 zest of 1/2 lemon
- 1 tbsp honey

Master Brine

Pickled Shallots

- 2 shallots, julienned
- 1 tsp salt
- 2 tsp honey
- 1/2 one lemon, juiced
- 1/2 finger chili, seeds removed and minced

Green Olives

- 1 tbsp olive oil
- 1/2 cup green olives, quartered
- 1/2 zest of 1/2 lemon
- 1 sprig thyme, leaves picked

Assembly

- 2 heads Boston lettuce, washed, dried and leaves picked

Set aside to cool. Once cooled, place in fridge until assembly.

Pickled Shallots

1. Place shallots and salt in a bowl, toss and set aside 12 hours. Rinse and dry shallots. Place shallots in a bowl, mix with honey, lemon juice and chili. Set aside until assembly.

Green Olives

1. Heat olive oil in a sauté pan over med heat. Add olives and sauté until golden, 5 minutes. Add lemon zest and thyme leaves. Remove from heat and set aside in oil until assembly.

To Assemble

1. On lettuce, top generously with pork, chorizo, cold pickled fennel and carrots, pickled shallots and green olives.

COURTESY FOODNETWORK.CA

Forget-the-gluten choco chip cookies

1. Preheat your oven to 375 F. Turn on your convection fan if you have one.

2. For the gluten-free flour whisk together the flours and powders evenly distributing the finer powders amongst the

coarser ones. Use as needed and reserve the rest for other baking.

3. Bring the coconut oil to room temperature then mix with the sugar. Whisk in the applesauce and vanilla and set aside. In a separate bowl whisk together the flour mix, baking soda, baking powder and salt. Mix the wet and dry together. Gently fold in the chocolate chips. Drop by large spoonfuls on to a baking tray and press to flatten slightly. Bake until lightly brown and the whole



This recipe makes about 14 cookies. COURTESY FOODNETWORK.CA

house smells like cookies, 12-14 minutes. Let the cookies rest on the baking tray to cool just a bit before removing, about 2 minutes.

4. Cool completely and if you like layer with your favourite ice cream to make fun sandwiches.

COURTESY FOODNETWORK.CA

Ingredients

Gluten-free flour mix

- 4 cups rice flour
- 1 1/3 cup potato starch
- 2/3 cup tapioca flour
- 4 tsp xanthan Gum

Cookies

- 3/4 cup of coconut oil
- 1 cup of cane sugar

- 1/2 cup of applesauce
- 2 tsp of vanilla extract
- 2 1/2 cups of gluten free flour mix
- 1 tsp of baking soda
- 1 tsp of baking powder
- 1 tsp of salt
- 1 cup of vegan chocolate chips

3
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Sake Master's Dinner at Ki

On Tuesday, Ki Modern Japanese + Bar presents a Hakkaisan Eight Peaks Sake Master's Dinner, hosted by Timothy Sullivan, one of the world's top Sake ambassadors from New York City. Hakkaisan uses spring water from "Raiden," the lightning God from the foot of Mount Hakkai. A delicious menu will be prepared by Chef Kudosan; cocktails start at 6:30 p.m. with dinner at 7. Tickets are \$140 (excluding taxes and gratuity). Contact Adam Snelling at 403.264.1133 or adam@kijapanese.com.

Arts and science potpourri

Beakerhead is a five-day, hands-on citywide spectacle in Calgary that brings together the arts, science and engineering; it started on Wednesday and runs through Sunday. Friday from 4 to 6 p.m., stroll down Stephen Ave. after work and you just might stumble upon the HippoLove Mutant Vehicle fresh off the playa at Burning Man, the BeakerBoat, mechanical and kinetic creatures, roaming scientists with pop-up labs and Speaker City, an interactive sound installation by PK Sound. Check out beakerhead.org for more events.



Glenbow Launch Party

Saturday is Glenbow's fall launch party with an '80s weird science theme from 7 to 10 p.m. The Made in Calgary series continues this fall with The 1980s, so dress up in your fave '80s gear, snap some pics in the portrait studio, and groove to some tunes from the raddest decade. The Glenbow has partnered up with Beakerhead, so in addition to the mechanical wonders in front of the Museum on Stephen Ave., Calgary-based noise musician Smoth will manipulate sounds, lights and people with various forms of electricity. RSVP by Friday at rsvp@glenbow.org.

Really, Really Long Table Dinner

The City Palate is celebrating 20 great years in Calgary with 20 fun foodie events. Monday is the Really, Really Long Table Dinner, which will be set up along Stephen Avenue. There will be five delicious courses and room for 240 people to come down and enjoy the spread, which is being provided by Blink, Catch & the Oyster Bar, Charcut, Divino, Teatro, The Belvedere, The Cellar and Trib Steakhouse. Tickets are \$150. reallylongtabledinner.eventbrite.ca.



50 Shades of Grey – The Musical

The Jubilee Auditorium is bringing the musical 50 Shades of Grey to town for one night only on Tuesday. This musical will capture audiences, whether this is your first encounter with Christian Grey or you've read the entire trilogy of novels by E.L. James. The musical is a comical tale that tells the story of a ladies book club that has decided their next read will be the infamous 50 Shades of Grey. The play has been a smash success on tour. 50shadesmusical.com or 1.855.985.5000.

YWCA Walk a Mile in Her Shoes

On Thursday, the YWCA Walk a Mile in Her Shoes fundraiser takes place. This annual event raises money and awareness to put an end to violence against women and children. The event is a chance for men to come out and show their support by putting on a pair of heels and completing two laps around Olympic Plaza. For information: support.ywcaofcalgary.com.

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CFL

Bombers moving west to make room for Ottawa

The CFL's board of governors has officially moved the Winnipeg Blue Bombers back to the West Division.

The league announced Thursday the Bombers will play in the West Division in 2014. They'll be replaced in the East Division by the expansion Ottawa Redblacks.

THE CANADIAN PRESS

MLB

Athletics create breathing room in AL West

Josh Reddick homered and had three RBIs, A.J. Griffin allowed just two hits in seven innings, and the A's beat the Minnesota Twins 8-2 Thursday afternoon to increase their division lead to 3 1/2 games over idle Texas in the American League West. THE ASSOCIATED PRESS

Locker-room tweets



"It's not for (post-ing): 'Here I am. I'm having a roast beef sandwich. I'm saying hello to my fans.' I mean, that's just ridiculous."

Vancouver Canucks coach John Tortorella wants his players to limit their Twitter use, but he won't impose an outright ban. Tortorella, a dog lover, has his own Twitter page, which he uses for fundraising causes related to canines.



Along with Curtis Glencross, Mark Giordano, left, and Mike Cammalleri are thought to be top candidates for the Flames' captaincy. JEFF MCINTOSH/THE CANADIAN PRESS

Hartley playing wait and 'C' with captain

NHL. Coach keeping next leader secret; top candidates thought to be Cammalleri, Glencross and Giordano

Bob Hartley has already made his decision as to who will serve as the next captain of the Calgary Flames.

He's just not ready to make that announcement yet.

"I'll keep it a surprise," said the Calgary coach when he met with the media after the first on-ice sessions of training camp at the Markin MacPhail Centre. "I want to make it clear. We're not thinking about someone.

Our choice is made up a long time ago."

The captaincy has remained vacant since the Flames traded Jarome Iginla to the Pittsburgh Penguins last season on March 27.

After the Flames missed the playoffs for the fourth consecutive season, Hartley and his coaching staff had individual meetings with all of the players, including Mark Giordano, Mike Cammalleri and Curtis Glencross, who served as assistant captains after Iginla's departure.

"We have some very good prospects to be captains, to be assistant captains, but when all our meetings were done and basically we were coming up with one name, it was basically

Quoted

"I think anybody would love to wear a 'C'."

Flames defenceman Mark Giordano

unanimous that it was the one guy," said Hartley, while adding that he thinks of his new captain as a great example of commitment and dedication. "I thought that it was an easy choice."

While Cammalleri said he wouldn't turn down the captaincy, he has a sneaking suspicion that the job will go to Giordano, who is entering his seventh season in the NHL, all of them with the Flames.

"My bet would be that Mark

would make a great captain of this club," Cammalleri said. "He's earned the trust of a lot of guys here for a long time. He's a tremendous hockey player. He stands for a lot of things that I think would make him a great captain. That would be my guess."

"I'd be happy to be alongside with Glennie as an assistant and support him in that role."

Forward Sven Baertschi, who ended his rookie season last year on a seven-game point streak, also said that Giordano would be perfect for the job.

"He's a phenomenal pro," Baertschi said. "Seeing him doing the right things every single day in practice and games is a perfect example of a good pro."

THE CANADIAN PRESS

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Reigning offensive player of the week Henry Burris and the Tiger-Cats will meet the Stampeders on Friday at McMahon Stadium. TORSTAR NEWS SERVICE FILE

Burris in familiar, enemy territory

CFL. Ex-Stampeders standout returns to Calgary on a roll with the Tiger-Cats

His first game as a Tiger-Cat at McMahon Stadium long passed, Henry Burris feels comfortable wearing enemy colours to a place where he was once the fan favourite.

The 38-year-old was the starting quarterback for the Calgary Stampeders for seven seasons until he was traded to Hamilton on Jan. 2, 2012. He won a Grey Cup and the CFL's most outstanding player award and passed for over 40,000 yards while wearing the galloping horse on the front of his jersey.

Burris still keeps a permanent home in Calgary. His wife and two sons spend the winter in Calgary so the boys can go to school there.

Milestone on the horizon

Henry Burris needs 217 yards to become the fifth CFL quarterback to reach the 50,000 plateau and join Anthony Calvillo, Damon Allen, Danny McManus and Ron Lancaster in that club.

Burris's name will likely join the Stampeders legends hung high at McMahon in the future, but for now he's a Tiger-Cat wanting a win over his former club Friday.

"This will always be a special game, to be able to play out on a field that pretty much made me who I am today," Burris said.

"This is always one of the games where you say you circle it on your calendar, any time we play the Stamps it will always be circled, but I'm not going to make this game bigger than what it actually

is. It's still a game we have to go out and execute."

Calgary (8-2) shares the West Division lead with Saskatchewan and is coming off a 22-12 victory over Edmonton. Bo Levi Mitchell, who was Calgary's third-string quarterback to start this season, will get his second start in a row and third of the season.

The Stamps have won three in a row and are undefeated at home this season at 4-0.

Hamilton (5-5) sits second in the East Division behind Toronto (6-4). The Ticats are winners of four of their last five and outscored their opposition by a combined 48 points in those games.

Burris was named the league's offensive player of the week after throwing for 375 yards and four touchdowns in a 37-29 win over the B.C. Lions last week.

THE CANADIAN PRESS

Week 12 pick



Ticats (5-5) at Stampeders (8-2), Friday, 7 p.m. (TSN)

The Calgary Stampeders have been a model of resilience this season.

They've been without their starting quarterback for most of the year and lost their top receiver to a season-ending injury less than a month ago. And yet the Stampeders still find themselves tied with the Saskatchewan Roughriders atop the CFL's overall standings.

Calgary should face a solid test from a Hamilton squad coming off a 37-29 win over B.C. Ticats QB Henry Burris was 25 of 35 passing for 375 yards and four TDs while slotbacks Andy Fantuz and Greg Ellingson and running back C.J. Gable all had 100-yard receiving efforts.

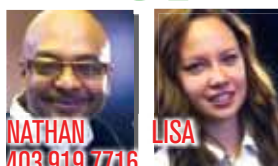
But it's hard to overlook Calgary's home record (4-0) and 4-0 mark versus East Division competition.

Pick — Calgary

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	89	59	.601	—
Tampa Bay	79	66	.545	8½
New York	78	68	.534	10
Baltimore	77	68	.531	10½
Toronto	67	79	.459	21

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	84	62	.575	—
Cleveland	77	68	.531	6½
Kansas City	77	69	.527	7
Minnesota	63	82	.434	20½
Chicago	58	87	.400	25½

WEST DIVISION

	W	L	Pct	GB
Oakland	85	61	.582	—
Texas	81	64	.559	3½
Los Angeles	70	76	.479	15
Seattle	65	81	.445	20
Houston	50	96	.342	35

Thursday's results

L.A. Angels 4 Toronto 3
Oakland 8 Minnesota 2
N.Y. Yankees at Baltimore, postponed
Tampa Bay 4 Boston 3
Cleveland at Chicago White Sox

Wednesday's results

Kansas City 6 Cleveland 2
Pittsburgh 7 Texas 5
N.Y. Yankees 5 Baltimore 4
L.A. Angels 5 Toronto 4
Boston 7 Tampa Bay 3 (10)
Oakland 18 Minnesota 3
Detroit 1 Chicago White Sox 0
Houston 6 Seattle 1

Friday's games

All times Eastern
Cleveland (Salazar 1-2) at Chicago White Sox (Santiago 4-8), 2:10 p.m.
Baltimore (Hammel 7-8) at Toronto (Redmond 3-2), 7:07 p.m.
Kansas City (Chen 7-2) at Detroit (Verlander 12-11), 7:08 p.m.
N.Y. Yankees (Kuroda 11-10) at Boston (Lackey 9-12), 7:10 p.m.
Oakland (Straily 9-7) at Texas (Holland 9-8), 8:05 p.m.
Tampa Bay (Archer 8-7) at Minnesota (Correia 9-11), 8:10 p.m.
L.A. Angels (Vargas 8-6) at Houston (Oberholtzer 4-2), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	88	58	.603	—
Washington	77	69	.527	11
Philadelphia	68	78	.466	20
New York	64	81	.441	23½
Miami	54	91	.372	33½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	85	61	.582	—
St. Louis	85	61	.582	—
Cincinnati	83	64	.565	2½
Milwaukee	63	82	.434	21½
Chicago	62	84	.425	23

WEST DIVISION

	W	L	Pct	GB
Los Angeles	85	60	.586	—
Arizona	73	72	.503	12
Colorado	67	80	.456	19
San Diego	66	79	.455	19
San Francisco	66	80	.452	19½

Thursday's results

Atlanta 6 Miami 1
Washington 7 N.Y. Mets 2
Philadelphia 10 San Diego 5
Pittsburgh 3 Chicago Cubs 1
Milwaukee 5 St. Louis 3
San Francisco at L.A. Dodgers

Wednesday, September 11

Cincinnati 6 Chicago Cubs 0
San Francisco 4 Colorado 3
Philadelphia 4 San Diego 2
Miami 5 Atlanta 2
Washington 3 N.Y. Mets 0
St. Louis 5 Milwaukee 1
Arizona 4 L.A. Dodgers 1
Friday's games
All times Eastern
Chicago Cubs (Arrieta 2-2) at Pittsburgh (Morton 7-4), 7:05 p.m.
Philadelphia (Kendrick 10-12) at Washington (Strasburg 7-9), 7:05 p.m.
Miami (Hand 0-0) at N.Y. Mets (Niese 6-7), 7:10 p.m.
San Diego (Kennedy 6-9) at Atlanta (Hale 0-0), 7:30 p.m.
Cincinnati (Latos 14-5) at Milwaukee (Lohse 9-9), 8:10 p.m.
Seattle (Iwakuma 12-6) at St. Louis (Wainwright 16-9), 8:15 p.m.
Colorado (Chatwood 7-4) at Arizona (McCarthy 4-9), 9:40 p.m.
San Francisco (Bumgarner 11-9) at L.A. Dodgers (Kershaw 14-8), 10:10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

WEEK 12

Friday's game — All times Eastern

Hamilton at Calgary, 9 p.m.

Saturday's games

Winnipeg at Edmonton, 6:30 p.m.

Toronto at Saskatchewan, 9:30 p.m.

Sunday's game

Montreal at B.C., 4:30 p.m.

NFL

WEEK 2

Thursday's result

N.Y. Jets at New England

Sunday's games

Carolina at Buffalo, 1 p.m.
Dallas at Kansas City, 1 p.m.
San Diego at Philadelphia, 1 p.m.
Miami at Indianapolis, 1 p.m.
St. Louis at Atlanta, 1 p.m.
Washington at Green Bay, 1 p.m.
Cleveland at Baltimore, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Chicago, 1 p.m.
Detroit at Arizona, 4:05 p.m.
New Orleans at Tampa Bay, 4:05 p.m.
Denver at N.Y. Giants, 4:25 p.m.
Jacksonville at Oakland, 4:25 p.m.
San Francisco at Seattle, 8:30 p.m.
Monday, September 16
Pittsburgh at Cincinnati, 8:40 p.m.

MLS

Wednesday's result

Chicago 1 Toronto 1

Friday's game

All times Eastern

Salt Lake at Seattle, 10 p.m.

Angels' road trip to Toronto a sweeping success

MLB. Richards' 6 2/3 innings enough to keep Blue Jays grounded

Garrett Richards pitched into the seventh inning to win his third consecutive decision Thursday as the Los Angeles Angels defeated the Toronto Blue Jays 4-3 to complete a three-game sweep.

Kole Calhoun had two hits with a home run for the Angels (70-76), while Jose Reyes had four hits, including a homer, for the Blue Jays (67-79).

Richards (7-6) allowed three runs on nine hits and a walk while striking out four over 6 2/3 innings as the right-hander improved to 4-1



Brett Lawrie reacts after one of his three strikeouts on Thursday.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

in his last five outings.

Ernesto Frieri pitched the ninth for his 33rd save

despite allowing a double to Reyes and a walk to Munenori Kawasaki.

Blue Jays left-hander J.A. Happ (4-6) needed 87 pitches to go just 4 1/3 innings. He allowed six hits, two walks and four runs while striking out six.

The Blue Jays took a 3-2 lead in the third when Reyes hit his 10th homer of the season on the first pitch to tie the game. Kawasaki and Moises Sierra then doubled to put Toronto ahead.

But Calhoun tied it with one out in the fourth on his seventh homer of the season.

After one-out doubles by Aybar and Trout gave the Angels a 4-3 lead in the fifth, Neil Wagner replaced Happ.

THE CANADIAN PRESS



Rays clinging on to wild card

The Rays' Wil Myers doubles in the eighth inning to drive in the winning run against the Red Sox on Thursday night in St. Petersburg, Fla. The Rays won 4-3. The Rays lead the crowded race for the second AL wild card despite going 5-13 since Aug. 25. The Red Sox, meanwhile, have an 8 1/2-game advantage over the second-place Rays in the AL East. AL MESSERSCHMIDT/GETTY IMAGES

NFL

Romo suffers bruised ribs in game vs. Giants

Tony Romo played through broken ribs to help keep the season afloat for Dallas in 2011.

The injury isn't as serious this time, which means the task doesn't appear as daunting for the Cowboys quarterback.

Romo has bruised ribs after he was crunched between two defenders late in the first half of a 36-31 win over the New York Giants in the opener. He played the second half and says he's just dealing with soreness heading into Sunday's game at Kansas City. THE ASSOCIATED PRESS



Tony Romo GETTY IMAGES

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2014 SORENTO LX AWD
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CASH SAVINGS **<\$2,500>**
STK# 443114
\$176/BW **0 DOWN*** CASH PURCHASE PRICE **\$28,260**

2013 SOUL 2U
OWN IT FROM **\$21,245**
CASH SAVINGS **<\$2,000>**
STK# 626199
\$112/BW **0 DOWN*** CASH PURCHASE PRICE **\$19,245**

2014 FORTE LX AUTO
OWN IT FROM **\$20,580**
CASH SAVINGS **<\$1,250>**
STK# 087304
\$118/BW **0 DOWN*** CASH PURCHASE PRICE **\$19,350**

2014 RONDO LX AUTO
OWN IT FROM **\$26,010**
CASH SAVINGS **<\$1,750>**
STK# 012979
\$143/BW **0 DOWN*** CASH PURCHASE PRICE **\$24,260**

2013 RIO 5 DOOR
OWN IT FROM **\$15,850**
CASH SAVINGS **<\$2,000>**
STK# 868555
\$82/BW **0 DOWN*** CASH PURCHASE PRICE **\$13,850**



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Horoscopes

Aries

March 21 - April 20

One area of your life will grind to a halt and maybe even go into reverse today. You may not be happy about it but what can you do? Sometimes you just have to accept what occurs.

Taurus

April 21 - May 21

Life is not and never will be a level playing field — some people are good at things that others will never master. Once you accept that, you can just get on with your life.

Gemini

May 22 - June 21

You enjoy causing waves and something you say today will no doubt infuriate people who don't share your views. You need to remind them that their opinions, while valid, are not the be all and end all.

Cancer

June 22 - July 23

You cannot change the world, so don't waste time trying. What you can do though is change your own way of looking at the world. If your outlook is positive, your future will be positive too.

Leo

July 24 - Aug. 23

The winds of change are blowing at gale force and if you don't hold onto something, there is a chance you might get swept away. What is most stable in your life? Grasp it.

Virgo

Aug. 24 - Sept. 23

There are things going on behind the scenes that will change your world in major ways but that is no reason to worry. Looking back later in the year, you will realize how wonderful they were.

Libra

Sept. 24 - Oct. 23

Someone you don't get along with will make their usual fuss today and you should tell them that you've had enough of their dramatics. If they don't shut up then ship them out.

Scorpio

Oct. 24 - Nov. 22

It takes courage to choose a different path when the one you are on is so familiar but there is no other choice. If you don't change now, you could be stuck with the same old routine for years to come.

Sagittarius

Nov. 23 - Dec. 21

A plan you had high hopes for will have to be put on the back burner for a while. According to the planets, it needs more time to mature in your mind.

Capricorn

Dec. 22 - Jan. 20

Everything that happens in life is part of the grand design. Remember that and you won't go wrong. If you want to win at the game of life, you must let go and trust the universe.

Aquarius

Jan. 21 - Feb. 19

You may be sad that a friend is moving away but the space their departure leaves will be filled by someone else. Life is never static, nor are relationships. You may not like change but ultimately it is good.

Pisces

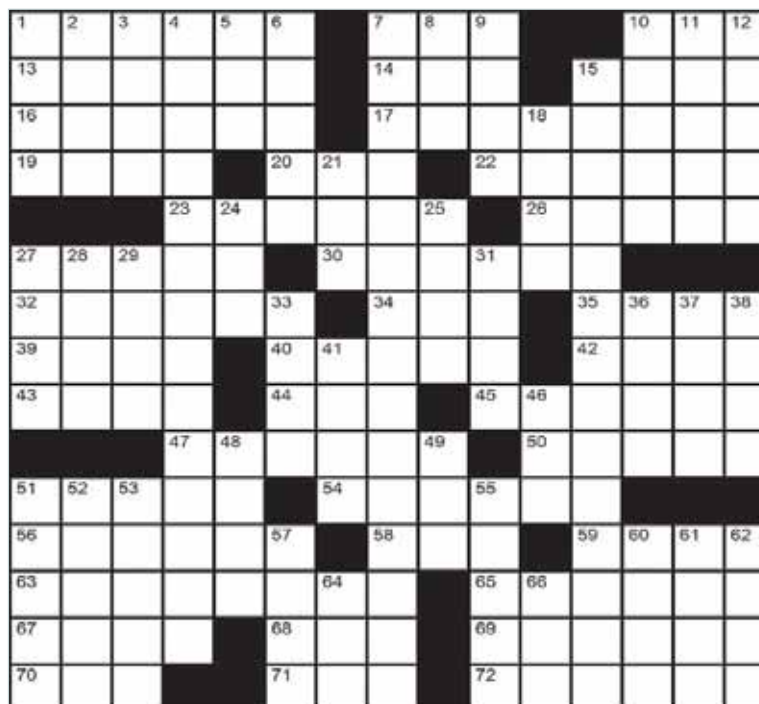
Feb. 20 - March 20

You may be the sort who can bluff your way through most situations but the planets warn you have bitten off more than you can chew this time. A penalty of some kind will have to be paid before you can move on. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Infomercial's prompt to buy!: 2 wds.
7. Coke or Pepsi
10. Cause supporter, ___-thumper
13. Opera tenor, Enrico ___ (b.1873 - d.1921)
14. Ms. MacGraw
15. Rubik's Cube inventor, ___ Rubik
16. Furnace, for example
17. Do a cleanse
19. Bldg. planner
20. Company name abbr.
22. Travelled, bunny-style
23. Truly
26. Wants
27. Cut-and-___
30. Actor Mr. Grenier
32. Edmonton's CFL players, to fans
34. Texas city, with Antonio
35. "Grey's Anatomy" star Ms. Ramirez
39. "Dynamite" singer Mr. Cruz
40. Christine of "Chicago Hope"
42. Music key, ___
43. Cable sports channel
44. Hubbub
45. Canadian rapper, D-___
47. Celebrated
50. Seal the deal, slang-style: 2 wds.



51. Rage: 2 wds.
54. Laura Branigan smash
56. Draw out a response
58. Tie-___
59. Plant stem bump
63. French author of 1759 book Candide
65. Astronaut legend, Buzz ___

67. '70s hit in Spanish: "___ Tu"
68. And not
69. Discontinued
70. Set down
71. "Okay."
72. Bound-to-the-land persons of ancient Sparta **Down**

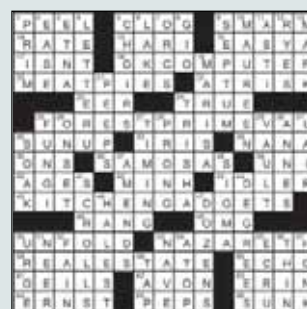
2. City in Normandy in France where Canadians saw action in WWII
3. Hamlet genre, for short
4. Food label heading under which Calories, Fat, etc. are listed: 2 wds.
5. 'Lact' suffix

6. Tom Cochrane album: 'Mad Mad ___'
7. '80s fashions features: 2 wds.
8. Toreador's taunt
9. Essential part
10. Hogwash
11. Hungry
12. Surnamesakes of bartender Woody on "Cheers"

15. It's been rocking The Senate in 2013 headlines: 2 wds.
18. Eugene O'Neill's daughter
21. Hot drink
24. Social pages word
25. "Shoot!"
27. Rocker Mr. Wentz
28. Botanist Mr. Gray's
29. Bypass
31. "Last one ___ a rotten egg!"
33. Abrupt door closing
36. Marie-Claire's friend
37. Sitarist, ___ Shankar
38. Song covered by Chantal Kreviazuk: "Leaving on ___ Plane"
41. Work like ___ (Toil)
46. 'Rocky' movies installment
48. 1998 Sarah McLachlan hit
49. Tofu base
51. Countertops edging choice
52. Gorge village of Southwestern Ontario
53. Ms. Cyrus
55. Toothbrush brand
57. Minuscule
60. About: 2 wds.
61. Soft drink request
62. Completes
64. Caviar
66. Tommy Jones link

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 27°
MIN: 13°

SATURDAY

MAX: 25°
MIN: 13°

SUNDAY

MAX: 25°
MIN: 12°

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"Alas, Sovereign Lord," I said, "I do not know how to speak; I am too young." But the Lord said to me, "Do not say, 'I am too young.' You must go to everyone I send you to and say whatever I command you." (Jeremiah 1: 6-7 NIV). Do not say that you do not have the ability to take up responsibility especially in God's kingdom; God who has called you will surely equip you to succeed.

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